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SHARP

OPERATION MANUAL
with COOKBOOK

R-959M

R-959M / R-98STM-A
MICROWAVE OVEN
with GRILL and CONVECTION

900W (IEC 60705)

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OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT:

There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

If you require any advice or assistance regarding your Sharp product, please visit our website:

www.sharp.co.uk/customersupport

Customers without Internet access may telephone:

08705 274277 (9am - 5pm)
(01) 676 0648 (from Ireland)

Attention: Your product is marked with this symbol. It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

A. Information on Disposal for Users (private households)

1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by members states private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*.

In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one.

*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www.swico.ch or www.sens.ch.

B. Information on Disposal for Business Users.

1. In the European Union

If the product is used for business purposes and you want to discard it:

Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

For Spain: Please contact the established collection system or your local authority for take-back of your used products.

2. In other Countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

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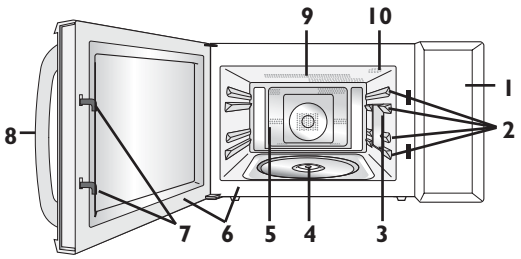
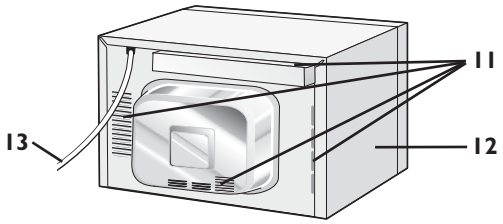
YOUR OVEN AND ACCESSORIES





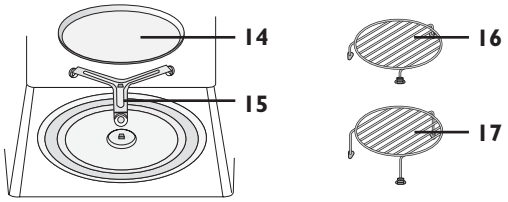
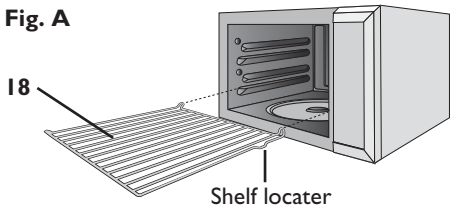


Fig. A



OVEN:

1. Control panel
2. Shelf runners
3. Waveguide cover (DO NOT REMOVE)
4. Coupling
5. Oven cavity
6. Door seals and sealing surfaces
7. Door latches
8. Door opening handle
9. Grill heating element
10. Oven lamp
11. Ventilation openings
12. Outer cabinet
13. Power cord

ACCESSORIES:

Check to make sure the following accessories are provided:

14. Turntable **15.** Turntable support
16. Low rack **17.** High rack
18. Shelves (x2)

- Place the turntable support into the coupling in the centre of the oven floor, TOP side up (TOP is engraved on one side).
- Place the turntable onto the turntable support.
- When using the shelves, place them onto the shelf runners as shown in Fig. A. Ensure the shelf locater is on the right hand side.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.
- For use of the accessories, refer to the grilling, dual cooking and convection sections on pages 12 to 17.

Never touch the grill when it is hot.

NOTES:

- The waveguide cover is fragile. Care should be taken when cleaning inside the oven to ensure that it is not damaged.
- After cooking fatty foods without a cover, always clean the cavity and especially the grill heating element thoroughly, these must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
- Always operate the oven with the turntable fitted correctly. This promotes thorough, even cooking. A badly fitted turntable may rattle, may not rotate properly and could cause damage to the oven.
- The turntable rotates clockwise or anti-clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please quote both the **PART NAME** and **MODEL NUMBER** to your dealer or SHARP approved service facility. The model number is located at the bottom of the control panel.

⚠ WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

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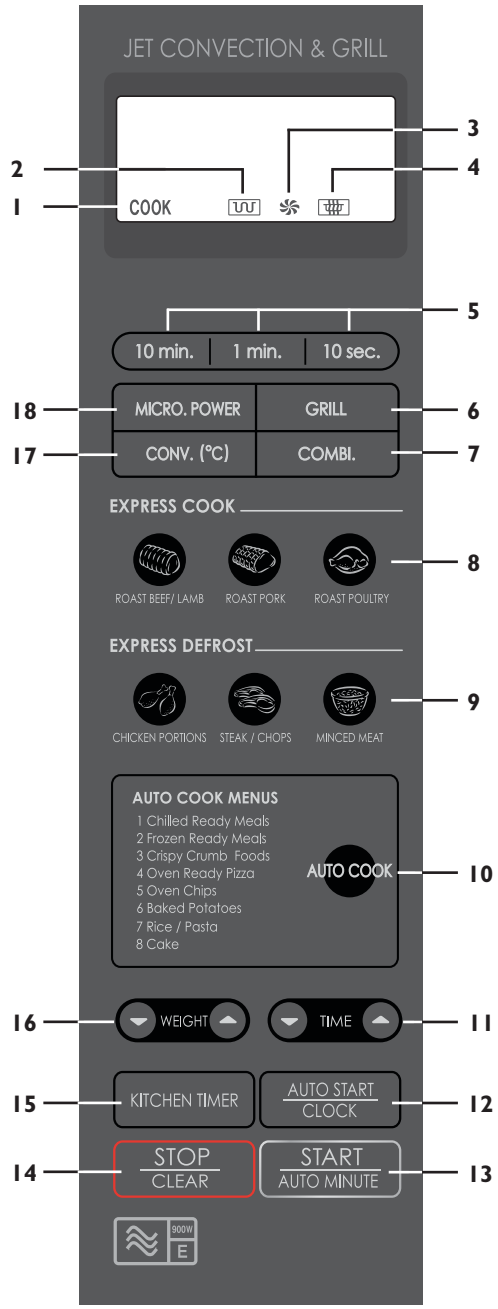
CONTROL PANEL



DIGITAL DISPLAY INDICATORS:

1. **COOK**
2. **GRILL**
3. **CONVECTION**
4. **MICROWAVE**

KEYS:

5. **TIME**
6. **GRILL**
7. **COMBI.**
8. **EXPRESS COOK**
9. **EXPRESS DEFROST**
10. **AUTO COOK**
11. **LESS/MORE**
12. **AUTO START/CLOCK**
13. **START/AUTO MINUTE**
14. **STOP/CLEAR**
15. **KITCHEN TIMER**
16. **WEIGHT**
17. **CONV. (°C)**
18. **MICRO. POWER**

NOTE:
The control panel's design slightly different due to the model you purchased.

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IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic food use only.
- Never operate when empty, except as directed in the 'Heating without food' section on page 12.
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch the oven off immediately, unplug it and call a SHARP approved service facility. (See page 36).
- Never move the oven while it is operating.
- The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grill will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
Accessible parts may become hot during use. Young children should be kept away.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode. Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/ reheating, let liquid stand for at least 20 seconds in the oven after cooking.

FIRE: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

INSTALLATION

⚠ **WARNING:**

Inspect the Oven:

- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged. If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**
- **Inspect the oven interior and door for dents.**

IMPORTANT:
If any damage is apparent, do not operate the oven in any way, until it has been repaired by a SHARP trained engineer.

1. Remove all packing materials including the feature sticker (if applicable). The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. DO NOT REMOVE THE WAVEGUIDE COVER.
2. The oven door will become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor. Ensure the surface or mounting

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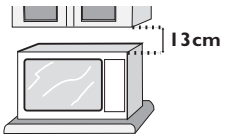
INSTALLATION

position is strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.

3. The minimum height of free space necessary above the top surface of the oven is 13cm.



4. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
5. Make sure the power supply cord is undamaged (See "ELECTRICAL CONNECTION" below).
   Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.
6. The socket must be readily accessible so that it can be easily unplugged in an emergency.
7. Do not use the oven outdoors.

BUILDING-IN-KIT.

An installation frame is available which enables the microwave oven to be integrated within a kitchen unit.
The microwave oven is not designed to be built above or near a conventional oven.
SHARP recommend the use of the build in kit **EBR-9910** (for R-959M) or **EBR-99ST** (for R-98STM-A), available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven.

ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the power supply cord is damaged, it must be replaced by a Sharp approved service facility or a similarly qualified person to avoid a hazard.
- When removing the plug from the socket always grip the plug, never the cord as this may damage the power supply cord and the connections inside the plug.
- If the plug fitted to your oven is a rewireable type and in the event of the socket outlet in your home not being compatible with the plug supplied, remove the plug properly (do not cut off).
- If the plug fitted to your oven is a non-rewirable type and in the event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug.
- Refit with a suitable type, observing the wiring code given in 'To replace the mains plug' on page 36.

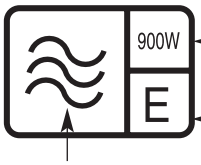
⚠ WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in `To replace the mains plug' on page 36.

IMPORTANT!

- The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.
- Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.
- The plug must not be used without the fuse cover fitted.
- If you have any doubt about your microwave oven obtain the help of a qualified electrician.
- When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

HEATING CATEGORY



Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

Microwave Symbol.

OVEN OUTPUT POWER	Less heating time required 600 700 800 900 1000 Watts More heating time required
OVEN OUTPUT CATEGORY	Less heating time required A B C D E More heating time required

The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

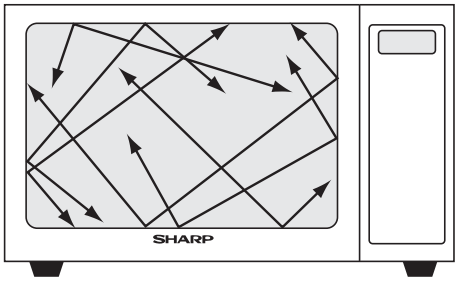
Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required as shown opposite.

HOW YOUR OVEN WORKS

Microwaves are energy waves, similar to those used for TV and radio signals.

Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide. To prevent food and grease entering the wave guide it is protected by the waveguide cover.

Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door.
During cooking the microwaves bounce off the sides of the oven cavity at random.



Microwaves will pass through certain materials, such as glass and plastic, to heat the food.
(See 'Suitable Cookware' on page 30).

Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.

Once cooking is complete, the oven automatically stops producing microwaves.

Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.

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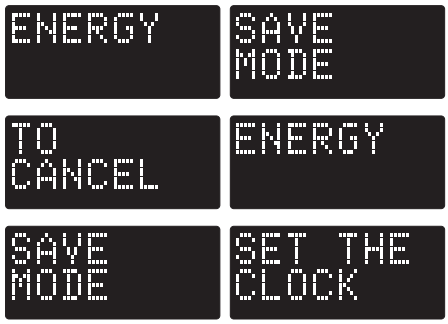
BEFORE OPERATION

Your oven has an energy save mode.

1. Plug in the oven. Nothing will appear on the display at this time.
2. Open the door. The display will flash the message shown.
3. Close the door. The display will show " . 0".

NOTE: When new, the very first time the grill and convection are used, smoke and odour will be given off.
To avoid this happening when food is being cooked, heat the oven without food for approx. 20 minutes.
(Please refer to "Heating without food" on page 12.)

2.



3.

MICROWAVE POWER LEVELS

Power Level	Press the MICRO. POWER key	Percentage
HIGH	x 1	100%
MEDIUM HIGH	x 2	70%
MEDIUM	x 3	50%
MEDIUM LOW (Defrost)	x 4	30%
LOW (Defrost)	x 5	10%

MICROWAVE POWER KEY

- Your oven has 5 power levels, as shown opposite.
- To change the power level for cooking, enter the cooking time and then press the **MICRO. POWER** key.

Power level:
The microwave power level is varied by the microwave energy switching on and off.
When using power levels other than 100% you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

IMPORTANT: The microwave power level will cook at 100% unless you press the **MICRO. POWER** key to the desired setting.

Check the power level:
To check the microwave power level during cooking, press the **MICRO. POWER** key.
As long as your finger is pressing the **MICRO. POWER** key the power level will be displayed.
The oven continues to count down although the display will show the power level.

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ENERGY SAVE MODE

Your oven has an Energy Save Mode.
This facility saves electricity when the oven is not in use.

- If the oven is not used, it will default to Energy Save Mode after 3 minutes. The display is blank and the oven cannot be operated.
- To operate the oven, open and then close the door. "0" will be displayed and the oven is ready to use.

To cancel Energy Save Mode, set the clock. (Please refer to page 9.)

To cancel the clock, follow the procedure opposite. (This will restart Energy Save Mode.)

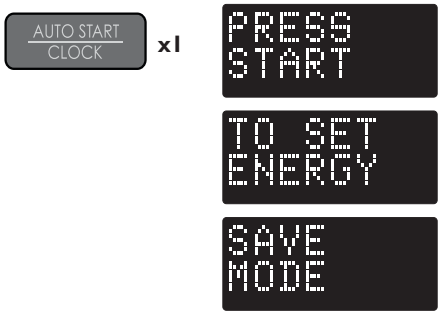
Notes:

- If you unplug your oven at any stage you will have to reset the clock to cancel Energy Save Mode.
- If the clock has been set, cancelling Energy Save Mode, then your oven has a safety feature which prevents the **START/AUTO MINUTE** key from working if the oven has not been in use for more than 3 minutes. Press the **STOP/CLEAR** key or open and close the door to re-use the oven.

1. Time of day appears on the display.

2. Press the **AUTO START/CLOCK** key once.

3. Press the **AUTO START/CLOCK** key again.



4. Press the **START/AUTO MINUTE** key once. The power will be off and the display will show nothing.

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SETTING THE CLOCK

Your oven has a 12 hour clock.

- To select the 12 hour clock, press the **AUTO START/CLOCK** key once.

x1

To set the time of day follow the instructions opposite.

NOTES:

- Press the **STOP/CLEAR** key if you make a mistake during programming.
- If you press any of the **TIME** keys too many times, continue to press the key until the desired time re-appears.
- To check the time of day during a cooking process, press the **AUTO START/CLOCK** key and the time of day will remain on the display as long as you keep your finger on the key. This does not affect the cooking process.
- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show ".0" when cooking is complete.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show ".0" after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the opposite example again.

1. Select the clock.

x1

2. Enter the hours by pressing the **TIME** keys.

3. Press the **AUTO START/CLOCK** key again.

x1

4. Enter the minutes by pressing the **TIME** keys.

5. To start the clock, press the **AUTO START/CLOCK** key again.

x1

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HOW TO OPERATE YOUR OVEN

Opening and closing the door:
To open the oven door, pull the door opening handle.

Starting the oven:
Close the door and press the **START/AUTO MINUTE** key.

Stopping the oven:
If you want to stop the oven during cooking, press the **STOP/CLEAR** key once or open the oven door.
If you want to cancel the cooking programme, press the **STOP/CLEAR** key twice.

Your oven enables you to cook and defrost food using the automatic programmes, or to cook and defrost food manually.
Automatic cooking and defrosting allows you to cook and defrost using preset programmes where the timings have been calculated for you, e.g **Express Cook** and **Express Defrost**.

Manual cooking and defrosting allows you to cook/defrost foods and weights which are not included in the automatic programmes.
The following are examples of manual cooking and defrosting.
For automatic cooking and defrosting refer to pages 18 - 23.

MANUAL COOKING

- Enter the cooking time.
- Select the cooking mode; MICROWAVE, GRILL, CONVECTION, DUAL GRILL and DUAL CONVECTION can be selected.
- Stir or turn the food, where possible, 2 - 3 times during cooking, if required.
- After cooking, cover the food and leave to stand, if required.
- Refer to the cooking charts in the cookbook section, pages 39 - 44.

Example:
To cook for 2 minutes 30 seconds on 70% microwave power.

1. Enter the cooking time by pressing the **1 MIN.** key twice, then the **10 SEC.** key three times.

2. Input the power level by pressing the **MICRO. POWER** key twice.

3. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

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HOW TO OPERATE YOUR OVEN

MANUAL DEFROSTING

- Enter the defrosting time and use microwave power levels 10% or 30% to defrost (refer to page 7).
- Stir or turn the food, where possible, 2 - 3 times during defrosting.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.
- Refer to the defrosting charts in the cookbook section, page 38.

NOTES FOR MANUAL COOKING AND DEFROSTING:

- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anti-clockwise.
- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).
  NOTE: If you cook food for more than the standard time (see chart on page 34) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced.
- If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display stops automatically. The cooking/defrosting time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When cooking/defrosting is complete, the time of day will reappear on the display, if the clock has been set.
- If you want to know the power level during cooking, press the **MICRO. POWER** key. As long as your finger is touching the key, the power level will be displayed.

Example:
To defrost for 10 minutes on 30% microwave power.

1. Enter the defrosting time by pressing the **10 MIN.** key once.

2. Input the power level by pressing the **MICRO. POWER** key 4 times.

3. Press the **START/AUTO MINUTE** key once to start defrosting.

The display will count down through the defrosting time.

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HEATING WITHOUT FOOD

You may detect smoke or a burning smell when using the grill and convection for the first time. This is normal and not a sign that the oven is out of order.
To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill and then at convection 250°C.

IMPORTANT: During operation, to allow smoke or smells to disperse open a window or switch the kitchen ventilation on. Make sure there is no food in the oven.

1. Enter the required heating time by pressing the **10 MIN.** key twice.

x2

2. Select GRILL or CONVECTION once.

x1

OR

x1

3. Press the **START/AUTO MINUTE** key once to start the operation.

x1

The display will count down
When the oven has finished the operation, open the door to cool the oven cavity.

⚠ WARNING:
The door, outer cabinet, oven cavity, and accessories will become very hot during operation. Take care to avoid burns when cooling the oven down after operation.

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GRILL COOKING

The grill at the top of the oven cavity has one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning.
Use the racks for grilling small items of food such as bacon, gammon and teacakes, turn over halfway through grilling.
Food can be placed either directly onto the racks, or into a flan dish/heat-resistant plate on the racks.

NOTES:
- It is not necessary to preheat the grill before cooking.
- Follow the recommended grilling times and procedures in the charts on page 43 in the cookbook section.
- When browning foods in a deep container, place on the turntable or low rack.
- The shelves are not suitable for grill cooking.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

Example:
To grill for 20 minutes, using GRILL.

1. Enter the grilling time by pressing the **10 MIN.** key twice.

2. Select GRILL by pressing the **GRILL** key once.

3. Press the **START/AUTO MINUTE** key once to start grilling.

The display will count down through the grilling time.

⚠ WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

PREHEATING THE OVEN

CONV. (°C) Your oven can be preheated to a desired temperature prior to convection cooking.

NOTES:

- When the oven is preheating, the turntable should be in the oven.
- When the oven reaches the desired temperature, the audible signal will sound and the temperature will be displayed in °C. **Do not press the STOP/CLEAR key after opening and closing the door, as this will cancel the Convection mode.**
- The preheated temperature will be maintained for approximately 30 minutes. After this time, preheat will be cancelled.
- During preheating and convection cooking, you will hear the cooling fan cycling on and off. This is completely normal and will not affect the cooking.
- You can check the actual temperature during preheating by pressing the **CONV. (°C)** key. The temperature will appear on the display. This will not affect the oven operation.
- If you prefer not to preheat the oven where recommended in the cookbook section, allow extra cooking time.
- Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This will not affect the cooking results as long as the operation manual and cookbook section are followed correctly.

Example:
To preheat the oven to 180°C.

1. Enter the temperature by pressing the **CONV. (°C)** key 6 times.

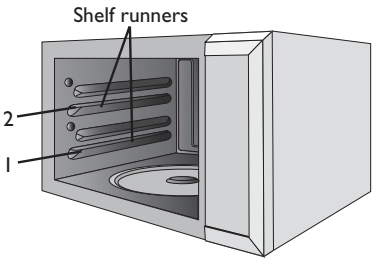
2. Press the **START/AUTO MINUTE** key once to start preheating.

3. When the oven reaches 180°C, the audible signal will sound and the oven will display 180°C. Place food in the oven, enter the desired cooking time and press the **START/AUTO MINUTE** key.

NOTE FOR SHELVES:

When using the shelves follow the notes below:

- The correct position for the shelves is 1 and 2, as shown in the diagram below.
- Do not place food weighing more than 5kg on the shelves.
- When removing the food, pull the shelf until it is slightly locked, then remove the food.



⚠ **WARNING:**
The door, outer cabinet, oven cavity, accessories and dises will become very hot during operation. To prevent burns, always use thick oven gloves.

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CONVECTION COOKING

CONV. (°C)

The temperatures available in °C are:
250°C, 230°C, 220°C, 200°C, 190°C, 180°C, 160°C, 130°C, 100°C, 40°C.

Convection cooking is ideal for cooking cakes, buns, biscuits, scones and for proving bread at 40°C.

To achieve the best results when cooking by CONVECTION:

- Use the lower shelf for one layer cooking unless food manufacturer's instructions differ.
- Use the lower and upper shelves for two layer cooking.
- Rotate the cookware 180 degrees after half the cooking time.
- Where possible, place food in its container directly onto the shelf.
- The turntable should be in the oven when using the shelves.
- Although this product is a conventional convection oven, consideration has to be given to the smaller size and power of the product in comparison to a standard kitchen oven, so the final result may vary.
- When cooking chilled or frozen foods on CONVECTION mode, allowance must be given to heat loss after the preheat cycle due to the insertion of the food.

NOTES:

- When the oven is preheating, the turntable should be in the oven.
- When using the **CONV. (°C)** key, all metal cookware can be used. (See 'Suitable Cookware' on page 30).
- Follow convection times and procedures in the charts and recipes in the cookbook section.
- Food manufacturers instructions are only a guide-line, so cooking times may need to be adjusted.
- Pressing the **CONV. (°C)** key during cooking will display the programmed temperature. This will not affect the programme or cooking time.
- Always check the food is piping hot before consuming.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".
- Heat generated by the oven during convection cooking may cause the backplate of the oven to discolour. This is completely normal and will not affect the performance of the oven.

Example:
To cook for 20 minutes at 200°C convection.

1. Enter the cooking time by pressing the **10 MIN.** key twice.

2. Input the temperature by pressing the **CONV. (°C)** key 4 times.

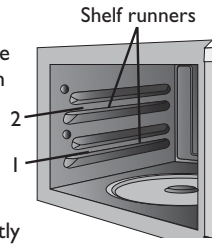
3. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

NOTE FOR USING SHELVES:

When using the shelves follow the notes below to prevent them slipping out:

- The correct position for the shelves is 1 and 2, as shown in the diagram.
- Do not place food weighing more than 5kg on the shelves.
- When removing the food, pull the shelf until it is slightly locked, then remove the food.



⚠ WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

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DUAL COOKING

COMBI.

Dual Cook combines microwave power with convection or the grill.

The combination of microwave power with convection or the grill reduces cooking time and provides a crisp, brown finish.

There are two Dual Cook modes:
1. Dual Convection - Convection with microwave.
2. Dual Grill - Grill with microwave.

To select the Dual Cook mode required, enter the cooking time and follow the table below.

Dual Cook Mode	Press COMBI. key
DUAL CONVECTION (Convection and Microwave*)	Once
DUAL GRILL (Top and Microwave*)	Twice

NOTES:
- Dual Cook is preset with 30% microwave power. If you wish to change the microwave power level, press the **MICRO. POWER** key until the desired power level is shown on the display.
  * You can select power levels 10%, 30%, 50% and 70% for DUAL CONVECTION.
  * You can select power levels 10%, 30%, 50%, 70% and 100% for DUAL GRILL.
- DUAL CONVECTION is preset with 250°C convection. To adjust the convection temperature, press the **CONV. °C** key.

⚠ **WARNING:**
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

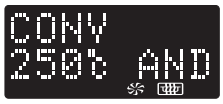
Example for Microwave and Convection:
To cook for 20 minutes using Dual Convection, 230°C, 10% microwave power.

1. Enter the cooking time by pressing the **10 MIN.** key twice

10 min. **x2**

2. Select Dual Convection by pressing the **COMBI.** key once.

COMBI. **x1**



3. Change the temperature by pressing the **CONV. °C** key once.

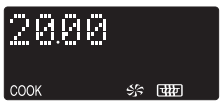
CONV. (°C) **x1**

4. Change the power level by pressing the **MICRO. POWER** key once.

MICRO. POWER **x1**

5. Press the **START/AUTO MINUTE** key once to start cooking.

START / AUTO MINUTE **x1**



The display will count down through the cooking time.

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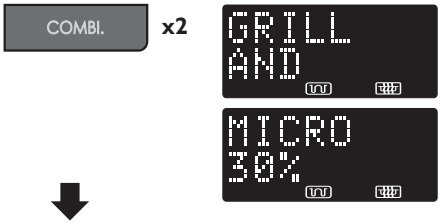
DUAL COOKING

Example for Microwave and Grill:
To cook for 15 minutes using Dual Grill, 50% microwave power.

1. Enter the cooking time by pressing the **10 MIN.** key once and the **1 MIN.** key 5 times.

2. Select Dual Grill by pressing the **COMBI.** key twice.



3. Change the power level by pressing the **MICRO. POWER** key 4 times.

4. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

NOTES:

- For DUAL GRILL it is not necessary to preheat the grill.
- Use the high rack and low rack for Dual Cooking (refer to the cooking charts on pages 37 - 94 in the cookbook section.)
- The shelves are not suitable for Dual Cooking.
- Follow the recommended dual cooking times and procedures in the charts on pages 40 - 43 in the cookbook section.
- When browning foods in a deep container, place on the turntable or low rack.
- Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This will not affect the cooking results as long as the operation manual and cookbook section are followed correctly.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

⚠ WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

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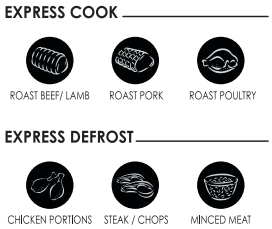
EXPRESS COOK / EXPRESS DEFROST

EXPRESS COOK enables you to cook 3 popular menus from frozen or chilled. Please refer to the chart on page 19.
EXPRESS DEFROST enables you to defrost 3 popular menus. Please refer to the chart on page 20.

Follow the examples below for details on how to operate these functions.



EXPRESS COOK Example:
To cook 0.6kg of Roast Beef from frozen.

1. Press the **ROAST BEEF/LAMB** key once to select cooking from frozen.

2. Enter the weight by pressing the **WEIGHT UP** key once.

3. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

EXPRESS DEFROST Example:
To defrost 1.2kg of Chicken portions.

1. Press the **CHICKEN PORTIONS** key once.

2. Enter the weight by pressing the **WEIGHT DOWN** key once.

3. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

NOTES:
- If the **DOWN** (▼) **WEIGHT** key is pressed the display will count down from the highest weight range, each time the key is pressed.
- If the **UP** (▲) **WEIGHT** key is pressed the display will count up from the lowest weight range, each time the key is pressed.
- You can enter the weight by holding down or pressing the **WEIGHT** keys until the desired weight is displayed.

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EXPRESS COOK / EXPRESS DEFROST

EXPRESS COOK CHART

MENU	WEIGHT RANGE	COOKING PROCEDURE
Roast Beef/Lamb **x1:** Frozen **x2:** Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** Select **MORE** for well done. It is not possible to use the **LESS** key for beef/lamb.
Roast Pork **x1:** Frozen **x2:** Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** key for pork.
Roast Poultry **x1:** Frozen **x2:** Chilled	1.2kg - 3.6kg	• Pierce skin (chilled only) a few times and place poultry, breast side down, in a flan dish on the low rack. • Turn poultry over when the audible signal sounds. When cooking frozen poultry with giblets, remove the giblets at first or second turn over. • After cooking, leave poultry to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** key for poultry. This menu is only suitable for cooking whole poultry.

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.
- For converting to Lb/oz see the conversion chart on page 37.

⚠ WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

NOTES FOR EXPRESS COOK / EXPRESS DEFROST:

- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key as instructed in the chart above.
- When action is required (example, to turn food over), the oven stops, the audible signals sound and instructions will appear on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final food temperature will vary according to the initial food temperature. Check food is thoroughly heated after cooking. If necessary, you can extend the cooking time manually.
- All menus on EXPRESS COOK use a combination of microwave power and convection.
- The shelves are not suitable for EXPRESS COOK/EXPRESS DEFROST.
- Before freezing foods, ensure food is fresh and of good quality.

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EXPRESS COOK / EXPRESS DEFROST

EXPRESS DEFROST CHART

MENU	WEIGHT RANGE	COOKING PROCEDURE
Chicken Portions	0.3kg - 1.2kg Approx. weight of each portion: leg portions = 300g breast with wing portions = 400g	• Place portions, best side-up, in a flan dish on the turntable. • Turn portions over when the audible signal sounds. • Stand, wrapped in foil, for 15 - 30 minutes until thoroughly defrosted.
Steaks/Chops	0.2kg - 1.2kg	• Place steaks/chops in a flan dish on the turntable. • Turn over and rearrange when the audible signal sounds. • Stand, wrapped in foil, for 15 - 30 minutes until thoroughly defrosted.
Minced Meat Beef/Lamb/Pork	0.2kg - 1.0kg	• Place minced meat in a flan dish on the turntable. • Turn over and remove any defrosted parts when the audible signal sounds. • Stand (if required), wrapped in foil, for 15 - 30 minutes until thoroughly defrosted.

- Frozen foods are defrosted from -18°C.
- For converting to Lb/oz see the conversion chart on page 37.

NOTES FOR EXPRESS DEFROST:

- If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- Do not cook the meat or poultry until thoroughly defrosted.
- Do not use the racks or shelves for defrosting.

WEIGHT RANGE FOR EXPRESS COOK / EXPRESS DEFROST:

- Weigh all meat and poultry prior to cooking/defrosting as the labelled weight is only approximate.
- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- **You are restricted to cook/defrost a weight within the range given in the charts.**
- To cook/defrost weights or foods not included in these charts, please refer to the charts in the cookbook section.

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AUTOCOOK

AUTOCOOK enables you to cook the foods listed on the control panel.

For cooking instructions please refer to the charts on pages 22 - 23.

Press the **AUTOCOOK** key until the number corresponding to the food listed on the control panel, appears in the display.

Follow the example opposite for more details on how to operate this function.

NOTES:

- If the **DOWN** (▼) **WEIGHT** key is pressed the display will count down from the highest weight range, each time the key is pressed.
- If the **UP** (▲) **WEIGHT** key is pressed the display will count up from the lowest weight range, each time the key is pressed.
- You can enter the weight by holding down or pressing the **WEIGHT** keys until the desired weight is displayed.
- You can select the menu by holding down or pressing the **AUTOCOOK** key until the desired menu is displayed.

Example:
To cook 0.3kg of Oven Chips (AUTOCOOK 5).

1. Select the menu required by pressing the **AUTOCOOK** key 5 times.

2. Enter the weight by pressing the **WEIGHT UP** key 3 times.

3. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

⚠ WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

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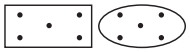
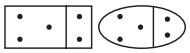
AUTOCOOK

AUTOCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
AUTOCOOK 1 Chilled Ready Meals **Stirrable:** e.g. Spaghetti bolognese, Beef stew **Non-stirrable:** e.g. Lasagne, Cottage pie	0.30kg - 0.80kg	• See and follow the IMPORTANT NOTE FOR READY MEALS on page 23. • For one section containers use a skewer to pierce film in 5 places.  • For two section containers, pierce using a skewer.  Pierce meat/main section 3 times and rice/pasta section twice. • For food contained in bag(s), pierce 5 times on one side. Cook pierced side-up. • Where bags come already perforated, do not pierce. • Place on the turntable. • Stir, if possible, when the audible signal sounds. • After cooking, leave to stand for 2 minutes before serving. **NOTES:** • For **stirrable** foods, including food in bags, stir or manipulate contents when the audible signal sounds. • For **non-stirrable** foods, press the **MORE** key. (It is not necessary to stir.) • It is not possible to use the **LESS** key for these menus.
AUTOCOOK 2 Frozen Ready Meals **Stirrable:** e.g. Spaghetti bolognese, Beef stew **Non-stirrable:** e.g. Lasagne, Cottage pie	0.30kg - 0.80kg	
AUTOCOOK 3 Crispy Crumb Foods Chilled & Frozen e.g. Fish fingers, Chicken nuggets, Chicken escalopes	0.1kg - 0.4kg	• Place the food in a flan dish on the high rack. • Turn the food over when the audible signal sounds. • After cooking, leave to stand for 2 minutes before serving. **NOTE:** For Frozen Crispy Crumb foods use the **MORE** key.
AUTOCOOK 4 Oven Ready Pizza	0.2kg - 0.8kg	• Place the pizza directly on to the low rack. **NOTES:** • For Frozen Pizza use the **MORE** key. • For very thin pizza use the **LESS** key.
AUTOCOOK 5 Oven Chips Frozen	0.1kg - 0.4kg	• Place the chips in a flan dish on the high rack. • Turn the chips over when the audible signal sounds. **NOTES:** • For thin oven chips use the **LESS** key. • For thick oven chips use the **MORE** key.
AUTOCOOK 6 Baked Potatoes	1 - 6 potatoes (pieces) 1 potato = approx. 250g	• Pierce each potato in several places and place towards the edge of the turntable. • Turn food over when the audible signal sounds. • After cooking, leave to stand wrapped in aluminium foil for 2 - 3 minutes.

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AUTOCOOK

AUTOCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
AUTOCOOK 7 Rice/Pasta	0.1kg - 0.3kg	• Place rice/pasta in an appropriate sized bowl. • Add 300ml (1/2 pint) of boiling water per 100g rice/pasta. • **Do not cover.** • Place in the centre of the turntable. • Stir when the audible signal sounds. • After cooking, stir and stand for 2 minutes before draining and rinsing in boiling water.
AUTOCOOK 8 Cake	0.8kg - 1.4kg	• Carefully follow the chosen recipe in the cookbook section. • Place the cake in the oven on the low rack. **NOTES:** • Cakes recommended from the cookbook section: Moist Carrot Cake (approx 1.1kg) Parkin (approx 1.4kg) Chocolate Brownies (approx 1.3kg) Lattice Cake (approx 0.8kg) Cherry and Almond Cake (approx 0.9kg) • **Do not use metal cooking utensils.**

- Chilled foods are cooked from 5°C. • Frozen foods are cooked from -18°C.
- For converting to Lb/oz see the conversion chart on page 37.

IMPORTANT NOTE FOR READY MEALS:
- These menus are suitable for savoury microwave ready meals only.
- Always check food is thoroughly heated before serving, if necessary increase cooking time, using 70% microwave power level and check the food every minute.
- Remove outer cardboard packaging as instructed by the manufacturer.
- If the food container is made of aluminium foil, remove the food and place in suitable container, cover with microwave cling film and pierce in 5 places before heating. (See 'Suitable Cookware' on page 30).
- If the container is covered with aluminium foil, remove foil, re-cover with microwave cling film and pierce 5 times.

NOTES:
- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key as instructed in the chart.
- When action is required (example, to turn food over), the oven stops, the audible signal sounds and instructions will appear on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final food temperature will vary according to the initial food temperature. Check food is thoroughly heated after cooking. If necessary, you can extend the cooking time manually.
- AUTOCOOK menus (except AC-1, AC-2 and AC-7) use a combination of microwave power and grill or convection.
- The shelves are not suitable for AUTOCOOK.

WEIGHT RANGE:
- Weigh all foods prior to cooking as the labelled weight is only approximate.
- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- Ready Meals, AC-1 & AC-2, should be rounded up to the nearest 0.05kg, for example, 0.34kg to 0.35kg.
- **You are restricted to cook a weight within the range given in the charts.**
- To cook weights or foods not included in the chart, please refer to the charts in the cookbook section.

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CONVENIENT FUNCTIONS

1. SEQUENCE COOKING

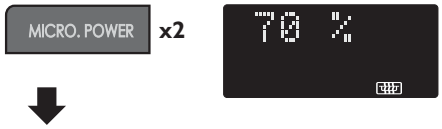
This function allows you to cook using up to 4 different stages which can include Microwave, Grill, Convection or Dual Cooking.
Once programmed there is no need to interfere with the cooking operation as the oven will automatically move onto the next stage.

Example:
To cook for:
5 minutes on 70% microwave power (Stage 1)
6 minutes on Grill (Stage 2)
3 minutes on Dual-1, 200°C,
30% microwave power (Stage 3)

STAGE 1

1. Enter the cooking time by pressing the **1 MIN.** key 5 times.

2. Input the power level by pressing the **MICRO. POWER** key twice.



STAGE 2

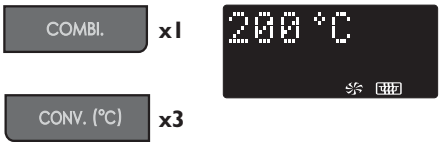
3. Enter the cooking time by pressing the **1 MIN.** key 6 times.

4. Select Grill by pressing the **GRILL** key once.

STAGE 3

5. Enter the cooking time by pressing the **1 MIN.** key 3 times.

6. Select Dual-1 by pressing the **COMBI.** key once, then change the convection temperature by pressing the **CONV. °C** key 3 times.



7. Press the **START/AUTO MINUTE** key once to start cooking.

NOTE: If 100% is required on the final stage, it is not necessary to input the power level.

2. AUTO MINUTE

AUTO MINUTE enables you:
- To cook on 100% microwave power in multiples of 1 minute. (direct start)
- To extend cooking time during manual cooking in multiples of 1 minute.

NOTE:
- The AUTO MINUTE function for direct start can only be used within 3 minutes after cooking completion, closing the door or pressing the STOP/CLEAR key.
- The overall time can be extended to a maximum of 99 minutes.

Example: To cook for 2 minutes, press the **START/AUTO MINUTE** key twice.

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CONVENIENT FUNCTIONS

3. LESS AND MORE

The **LESS (▼)** and **MORE (▲)** keys enable you to:

- Cook/defrost food for less or more time than the automatic programmes.
- Decrease or increase cooking/defrosting time whilst the oven is in use (manual cooking only).

TO USE WITH AUTOMATIC PROGRAMMES:

EXPRESS COOK / EXPRESS DEFROST / AUTOCOOK
Press the **LESS (▼)** / **MORE (▲)** key before pressing the **START/AUTO MINUTE** key.

Example:
If you prefer Baked Potatoes which are cooked, but still firm, use the **LESS (▼)** key.

Alternatively, if you prefer Baked Potatoes softer, use the **MORE (▲)** key.

NOTES:

- If you select MORE the display will show, (▲). If you select LESS, the display will show, (▼).
- Some menus cannot use the LESS function. If you select LESS for them, then press the **START/AUTO MINUTE** key,

will be displayed.

- To cancel LESS / MORE, press the same key again.
- To change MORE to LESS, press the **LESS (▼)** key.
- To change LESS to MORE, press the **MORE (▲)** key.

TO USE WITH MANUAL COOKING:

Example:
To cook for 10 minutes on 50% microwave power and then decrease the cooking time by 2 minutes.

1. Enter the cooking time by pressing the **10 MIN.** key once.

2. Input the power level by pressing the **MICRO. POWER** key 3 times.

3. Press the **START/AUTO MINUTE** key once to start cooking.

4. Reduce the cooking time by pressing the **LESS** key twice.

The cooking time is reduced by 2 minutes and continues to count down.

NOTES:

- The cooking/defrosting time will increase/decrease in multiples of 1 minute.
- The overall time can be extended to a maximum of 99 minutes.

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CONVENIENT FUNCTIONS

4. AUTO START

AUTO START enables you to programme the oven to cook at any time during the:

- next 12 hours (if the 12 hour clock is set).
- You can only use AUTO START with manual cooking.
- Before programming the oven, always check the display is showing the correct time of day.

NOTES:

- The AUTO START time can only be entered in multiples of 10 minutes. It is not possible to enter less than 10 minutes or any time which is not in multiples of 10 minutes.
- Once the oven is programmed for AUTO START the display will show the AUTO START time.
- If you want to cancel a AUTO START programme, press the **STOP/CLEAR** key.
- If the door is opened after programming, close the door and press the **START/AUTO MINUTE** key to continue with AUTO START.
- If you press and hold the **AUTO START/CLOCK** key, the AUTO START time will be displayed until you release your finger from the key.

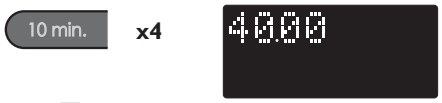
IMPORTANT:
It is recommended the oven is always attended when in use. Check to ensure you have programmed the oven correctly. Exceeding cooking times and use of excessive power levels can lead to food overheating and cause a risk of fire.

Example:
The current time of day is 1:00pm and you want to programme the oven to reheat a casserole on 50% for 40 minutes at 4:30pm.

1. Enter the desired start time by pressing the **1 MIN.** key 4 times, then the **10 SEC.** key 3 times.

2. Press the **AUTO START/CLOCK** key once to set the start time for cooking.

3. Enter the desired cooking time by pressing the **10 MIN.** key 4 times.



4. Input the power level by pressing the **MICRO. POWER** key 3 times.

5. Press the **START/AUTO MINUTE** key once to start the programme.

When the oven starts at 4:30pm, the preprogrammed sequence will start.
The cooking time and mode will appear on the display.

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CONVENIENT FUNCTIONS

5. KITCHEN TIMER

Use the KITCHEN TIMER as a minute timer or to monitor the standing time for cooked/defrosted food.

NOTES:

- You can enter any time up to 99 minutes, 90 seconds.
- To cancel the KITCHEN TIMER simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.
- The KITCHEN TIMER function cannot be used whilst the oven is in use or when the AUTO START function is set.

Example: To set the timer for 5 minutes.

1. Press the **KITCHEN TIMER** key once.

x1

2. Enter the desired time by pressing the **1 MIN.** key 5 times.

x5

3. Press the **START/AUTO MINUTE** key once to the timer.

x1

6. INFORMATION GUIDE

The Information Guide provides a step-by-step information guide to the keys on the oven.

Your oven comes set with the Information Guide ON.

This will assist you to determine:

- The next action towards completing any programme (manual or automatic).
- Weight ranges for automatic programmes.

Guide on/off allows you to turn the information guide on or off.

1. Press and hold the **KITCHEN TIMER** key for 4 seconds.

x1 and hold for 4 seconds

2. Press the **START/AUTO MINUTE** key to turn the information guide on, or, press the **STOP/CLEAR** key to turn the information guide off.

x1 OR

x1

The display will return to the time of day, if set.

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MICROWAVE COOKING ADVICE

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results.

Many of the following techniques are similar to those used in conventional cooking.

COOKING ADVICE NOTES:

- **Always attend the oven when in use.**
- **Ensure that the utensils are suitable for use in a microwave oven. (See "Suitable Cookware" on page 30).**
- Refer to the charts in the cookbook section for recommended cooking times and power levels.
- Do not place hot foods/utensils on a cold turntable or cold foods/utensils on a hot turntable.
- **Liquids and foods must not be heated in sealed containers or jars/containers with lids on, as pressure will build up inside and may cause the container/jar to explode.**
- Only use microwave popcorn within the recommended packaging (follow the manufacturers instructions). Never use oil unless specified by the manufacturer and never cook for longer than instructed.

WARNING:
Follow instructions in the SHARP operation manual at all times.
If you exceed recommended cooking times and use power levels that are too high, food may overheat, burn and in extreme circumstances, catch fire and damage the oven.

Cooking Techniques	
Arrange	Place the thickest parts of food towards the outside of the dish. e.g. Chicken drumsticks. Foods that are placed towards the outside of the dish will receive more energy, so cook quicker, than those in the centre.
Cover	Certain foods benefit from being covered during microwave cooking, follow recommendations where given. Use vented microwave cling film or a suitable lid.
Pierce	Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode. e.g. Potatoes, Fish, Chicken, Sausages. **NOTE: Eggs in their shells and hard / soft boiled eggs should not be heated in the microwave oven as they may explode, even after cooking has ended.**
Stir, turn and rearrange	For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.
Stand	Standing time is necessary after cooking so it enables the heat to disperse equally throughout the food.

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MICROWAVE COOKING ADVICE

Food Characteristics	
Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. Bones in food conduct heat, making the food cook more quickly. Care must be taken so that the food is cooked evenly.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The number of microwaves in your oven remains the same regardless of how much food is being cooked. The cooking time must be increased as the amount of food placed in the oven increases. e.g. Four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. For even cooking, place the thickest parts to the outside of the dish where they will receive more energy. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. e.g. A care made with chilled ingredients, (i.e. margarine) will take longer to cook than a cake made with ingredients at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.

Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Check the temperature of food and drink, stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

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SUITABLE COOKWARE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Grill	Dual Cook	Conv-ection	Comments
Aluminium foil Foil Containers	✔ / ✘	✔	✔ / ✘	✔	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil ®, follow instructions carefully.
Browning dishes	✔	✘	✘	✘	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✔ / ✘	✘	✔ Dual Conv. only	✔	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex ®	✔	✔	✔	✔	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✘	✔	✘	✔	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic/Polystyrene e.g. fast food containers	✔	✘	✘	✔ / ✘	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✔	✘	✘	✘	Should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✔	✘	✘	✔ / ✘	Must be pierced to let steam escape. Ensure bags are suitable for microwave or convection use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.
Paper plates/cups and kitchen paper	✔	✘	✘	✘	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✔	✘	✘	✘	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✘	✘	✘	✘	May contain extracts of metal which will cause 'arcing' and may lead to fire.
Racks	✔	✔	✔	✔	The metal racks supplied have been specially designed for all cooking modes and will not damage the oven.
Square shelves	✘	✘	✘	✔	Use supplied shelves with Convection only.

WARNING: When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.

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DEFROSTING ADVICE

Defrosting food using your microwave oven is the quickest method of all.

It is a simple proccess but the following instructions are essential to ensure the food is thoroughly defrosted.

Rearrange	Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting. Move closely packed pieces from the outside to the centre and rearrange over-lapping areas. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting. e.g. bacon rashers, chicken fillets.
Shield	Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves. e.g. legs and wings on a chicken.
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completly defrosted.
Turn over	It is essential that all foods are turned over at least 3 - 4 times during defrosting. This is important to ensure thorough defrosting.

NOTES:

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave power levels 30% or 10%.
- Please refer to the defrosting chart on page 38 for further information.

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REHEATING ADVICE

For the reheating of foods, follow the advice and guidelines below to ensure food is thoroughly reheated before serving.

Plated meals	**Remove any poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating. **NOTE:** Ensure the food is thoroughly reheated before serving.	
Sliced meat	Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating. **NOTE:** Ensure the meat is thoroughly reheated before serving.	
Poultry portions	Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through reheating. **NOTE:** Ensure the poultry is thoroughly reheated before serving.	
Casseroles	Cover with vented microwave cling film or a suitable lid and reheat on 50%. Stir frequently to ensure even reheating. **NOTE:** Ensure the food is thoroughly reheated before serving.	

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using 100%, while a lasagne which contains ingredients that cannot be stirred, should be reheated using 50%.

NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.

The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

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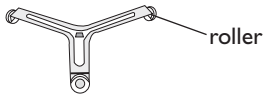
CLEANING & MAINTENANCE

OVEN INTERIOR

- It is important to clean the interior of your microwave oven after each use.
- To clean the oven interior, use a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- Heat up your oven regularly by using the convection and grill, refer to "Heating without food" on page 12. Remaining food or fat splashed can cause smoke or bad smell.
- Food and liquid splashes will build-up on the oven walls and ceiling. If grease, fat and food debris is allowed to build-up in the oven interior it may overheat, smoke or even catch fire when next using the oven.
- Keep the **waveguide cover** clean at all times. The waveguide cover is constructed from a fragile material and should be cleaned with care (follow the cleaning instructions above).
  NOTE: Excessive soaking may cause disintegration of the waveguide cover.
  The waveguide cover is a consumable part and without regular cleaning, will need to be replaced.
- Food will release steam during cooking and cause condensation inside the oven and door. It is important to wipe the oven dry. A build-up of condensation will eventually lead to rust forming on the oven interior.
- **Do not allow grease or dirt to build-up on the door seals or areas around the door. This may prevent the door from closing correctly and may cause a leakage of microwaves (follow the cleaning instructions).**
- Ensure the accessories are cleaned after every use with a mild washing-up liquid solution and dried. This will prevent the build-up of grease and food debris. The accessories are dishwasher safe.
- Keep the waveguide cover and accessories clean at all times. If you leave grease or fat in the cavity or accessories, it may overheat, cause arcing, smoke or even catch fire when next using the oven.

SPECIAL NOTE for TURNTABLE SUPPORT

After cooking, always clean the turntable support, especially around the rollers. These must be free from food splashes and grease. Built-up splashes or grease may overheat and cause arcing, begin to smoke or catch fire.



- **CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

Cleaning tip - For easier cleaning of your oven:
Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100% for 10 - 12 minutes. Wipe the oven clean using a soft, dry cloth.

OUTER CABINET

- Wipe the outside of the microwave oven with a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- The control panel must be wiped clean and dried with the door open, therefore inactivating the oven.

Door

- To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

NOTES:

- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.
- A steam cleaner should not be used.
- Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor. Excess water spillage through these holes will cause damage to the oven interior.
- Slight tarnishing of the oven cavity, around the area of the grill, is likely to occur. This is normal and will not affect the ovens performance.

⚠ WARNING:
Before cleaning, make sure the oven cavity, door, oven cabinet and accessories are completely cool.

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TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Follow this simple check below:

Place half a cup of water on the turntable and close the door. Programme the oven to cook for 1 minute using 100% microwave power.

1. Does the oven lamp come on when it is cooking?
2. Does the turntable rotate?
3. Does the cooling fan work? (Check by placing your hand above the air vent openings.)
4. After 1 minute does the audible signal sound?
5. Is the water in the cup hot?

Take the cup of water out of the oven and close the door. Programme the oven to cook for 3 minutes using the grill.

6. After 3 minutes, does the grill heating element become red?

Programme the oven to cook for 3 minutes using the convection on 250°C.

7. After 3 minutes, is the oven cavity hot?

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart on the following page.

NOTES:

- If you cook food for more than the standard time (see chart opposite) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced or the grill heating element will turn on and off.
- After manual or automatic cooking using the Grill, Dual Cook or Convection modes, the cooling fan will switch on to cool the oven cavity. When the cooling fan works, the display may show "NOW COOLING". To clear it, press the **STOP/CLEAR** key and the display will return to the time of day, if set.
  During these modes, the cooling fan will carry on working after you have pressed the **STOP/CLEAR** key. You may feel hot air blowing out of the air-vent openings.

⚠ WARNING:
Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs.
This is important as it may involve the removal of covers that provide protection against microwave energy.

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal.
  Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

IMPORTANT:

If the display is blank and has gone dark, even if the power plug is properly connected, the oven may be in Energy Save Mode. To cancel it, open and then close the oven door, see page 8.

Cooking Mode	Standard Time
Microwave 100% cooking	20 Minutes
Grill cooking	15 Minutes
Dual cooking with	
Microwave 100% and Grill	Microwave 15 Minutes Grill 15 Minutes
Microwave 70% and Grill	Microwave 40 Minutes Grill 15 Minutes
Microwave 70% and Convection	Microwave 40 Minutes

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TROUBLESHOOTING

TROUBLESHOOTING CHART

QUERY	ANSWER
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed from the potatoes and that they have been pierced, place directly onto the turntable or in a heat resistant flan dish or similar.
The display is lit but the control panel will not work when pressed.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.
The display shows different messages from "ENERGY SAVE MODE" when you plug the oven in and open the door. You are unable to programme your oven or the microwave energy does not pulse on and off during use.	Your oven may be set in Demo Mode. Follow these steps to cancel the demo mode. 1. Press the **STOP/CLEAR** key once. 2. Press and hold the **STOP/CLEAR** key for 10 seconds until you hear until you hear the oven beep for a second time. 3. Quickly press the **STOP/CLEAR** key 10 times within 10 seconds. 4. The oven display will show "DEMO OFF".

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TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown:

Green and yellow stripes	=	**EARTH**
Blue	=	**NEUTRAL**
Brown	=	**LIVE**

As the colours in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as described:

- The green and yellow wire to the plug terminal marked E **or** ⏚ **or** coloured green **or** coloured green and yellow.
- The blue wire to the plug terminal marked N **or** coloured black **or** coloured blue.
- The brown wire to the plug terminal marked L **or** coloured red **or** coloured brown.

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug.

Like most appliances in your home, your oven must be connected to a single phase 230-240V, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

⚠ **WARNING: THIS APPLIANCE MUST BE EARTHED**
If you have any doubts about your electrical supply ask a qualified electrician.

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre. Telephone: 08705 274277 (office hours).
- For general information and assistance with oven queries, please contact our **Customer Information Centre:**
  U.K.: 08705 274277 (office hours)
  Ireland: 01 676 0648 (office hours)
  Website: www.sharp.co.uk/customersupport
- Replacement accessories may be obtained from our main parts distributor:
  Willow Vale Electronics Ltd.
  Telephone: 0121 766 5414

COOKBOOK

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INTRODUCTION

This Cookbook contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology combined with grill or convection energy is the efficient and effective alternative to conventional cooking.
The cookery notes below compliment all cooking procedures in this cookbook and should be read in advance of recipe preparation.

COOKBOOK NOTES

- Chilled foods are to be cooked from 5°C. **DO NOT COOK FROM FROZEN.**
- Ambient/fresh/dried/canned foods are to be cooked from 20°C. **DO NOT COOK FROM FROZEN.**
- Frozen foods are to be cooked from -18°C.
- Please weigh all foods prior to defrosting and cooking, as labelled weights are only approximate.
- Cooking times in the charts and recipes are based on standard conditions. Cooking results will vary according to the condition of foods, utensils and the oven. Please check the cooking result and, if necessary, adjust cooking times accordingly.
- When cooking Rice & Pasta (see page 39), cooking time is constant for any quantity of rice or pasta; boiling water must be adjusted according to quantity of rice or pasta. After leaving the Rice/Pasta to stand, rinse in boiling water prior to serving.
- The recipes in this cookbook were developed using chilled eggs and fat. Room temperature ingredients may give a different result.
- Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- Refer to operation manual for advice on suitable cookware.
- Where dishes are covered, use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- All serving quantities are approximate.
- Serve all dishes immediately unless otherwise stated.
- For sequence programming refer to the operation manual.
- The door, outer cabinet, oven cavity, turntable, turntable support, dishes and accessories will become very hot during operation. To prevent burns, always use thick oven gloves.

CONVERSION CHARTS

WEIGHT MEASURES	
15g	1/2oz
25g	1oz
50g	2oz
100g	4oz
175g	6oz
225g	8oz
450g	1lb

VOLUME MEASURES	
30ml	1floz
100ml	3floz
150ml	5floz (1/4 pint)
300ml	10floz (1/2 pint)
600ml	20floz (1 pint)

SPOON MEASURES	
1.25ml	1/4 teaspoon
2.5ml	1/2 teaspoon
5ml	1 teaspoon
15ml	1 tablespoon

DEFROSTING CHART

FOOD	DEFROST TIME	POWER LEVEL	▼ METHOD	● STANDING TIME
Meat Joints (Beef,Lamb,Pork)	19 - 20 Minutes per 450g	10%	Place in a flan dish. Turn over 4 - 5 times during defrosting. Shield.	60 - 90 Minutes
Minced Meat	6 - 7 Minutes per 450g	30%	Place on a plate. Turn over 3 - 4 times, removing defrosted mince each time.	15 - 20 Minutes
Steak & Chops 2cm thick	8 - 9 Minutes per 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Thick and Thin Sausages	5 - 6 Minutes per 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Bacon	5 - 6 Minutes per 450g	30%	Place on a plate. Separate and re-arrange twice during defrosting. Shield.	15 - 20 Minutes
❖ Whole Poultry (Chicken,Turkey,Duck)	16 - 17 Minutes per 450g	10%	Place in a flan dish. Turn 4 - 5 times, during defrosting. Shield.	60 - 90 Minutes
Chicken Legs	6 - 7 Minutes per 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Chicken/Turkey (Breasts & Fillets)	5 - 6 Minutes per 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Minced Turkey	8 - 9 Minutes per 450g	30%	Place in a bowl. Turn 3 - 4 times, removing defrosted mince each time.	15 - 20 Minutes
Whole Fish (Trout, Mackerel)	10 Minutes per 450g	30%	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 - 30 Minutes
Fish Fillets/Steaks	8 Minutes per 450g	30%	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 - 30 Minutes
Apples	6 - 7 Minutes per 450g	30%	Place in a dish. Stir during defrosting.	10 - 15 Minutes
Blackcurrants/Redcurrants/ Raspberries/Blackberries	4 - 5 Minutes per 450g	30%	Place in a dish. Stir during defrosting.	10 - 15 Minutes
Gooseberries/Rhubarb/ Strawberries	5 - 6 Minutes per 450g	30%	Place in a dish. Stir during defrosting.	10 - 15 Minutes
Bread (sliced)	3 - 4 Minutes per 400g	30%	Place on the turntable. Separate and rearrange during defrosting.	5 - 10 Minutes
Pastry (Puff or Shortcrust)	3 - 4 Minutes per 450g	30%	Place on a plate. Turn over half way through defrosting.	10 - 15 Minutes
Meat & Fruit Pies (cooked)	5 - 6 Minutes for a large pie	30%	Remove from foil container. Place in a flan dish.	15 - 20 Minutes

▼ **Method:** If shielding is necessary, use small pieces of foil.
❖ **Poultry:** Chicken, turkey and duck must be defrosted without giblets.
● **Standing Time:** During recommended standing time, wrap or cover food in foil.

COOKING CHART

FOOD	❊ COOKING TIME	POWER LEVEL	METHOD	● STANDING TIME
Scrambled Eggs	15g butter 2 eggs (medium) 30ml (2 tbsp) milk salt & pepper	100%	1 Melt the butter in a bowl on 100% for 30 seconds. 2 Add the eggs, milk and seasoning and mix well. 3 Cook on 100% for 1½ - 2 minutes, stirring every 30 seconds.	30 Seconds
Thick Fish Fillets (1½ inches) (Chilled)	10 - 12 Minutes per 450g	70%	Place in a single layer in a flan dish. Cover and cook.	2 - 3 Minutes
Thin Fish Fillets (Chilled)	6 - 8 Minutes per 450g	70%	Place in a single layer in a flan dish. Cover and cook.	2 - 3 Minutes
Whole Fish and Steaks (Chilled)	8 - 10 Minutes per 450g	70%	Place in a single layer in a flan dish. Cover and cook.	2 - 3 Minutes
White rice (long grain)	13 - 14 Minutes	70%	Add 300ml (½ pint) boiling water/100g rice. Do not cover. Stir twice during cooking.	2 Minutes
Brown rice	19 - 21 Minutes	70%	Add 400ml (14fl.oz) boiling water/100g rice. Do not cover. Stir twice during cooking.	2 Minutes
DRIED PASTA				
Spaghetti (short cut) / Pasta Shells	10 - 11 Minutes	70%	Add 300ml (½ pint) boiling waterper 100g pasta. Do not cover. Stir twice during cooking.	4 Minutes
Macaroni (short cut)	13 - 14 Minutes	70%	Add 300ml (½ pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	4 Minutes
Tagliatelle	9 - 10 Minutes	70%	Add 300ml (½ pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	4 Minutes
FRESH PASTA				
Shells / Spaghetti / Fusilli / Farfalle / Tagliatelle	3 - 5 Minutes	70%	Add 300ml (½ pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	5 Minutes 5 Minutes
Ravioli	6 - 8 Minutes	70%	Add 300ml (½ pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	
Tortellini (white)	6 - 8 Minutes	70%	Add 300ml (½ pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	5 Minutes
Tortellini (brown)	8 - 10 Minutes	70%	Add 300ml (½ pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	5 Minutes

- Eggs, Fish and Fresh Pasta are cooked from chilled (5°C).

❊ Cooking Time: Cooking time is constant for any quantity of rice or pasta, quantity of boiling water has to be adjusted according to quantity of rice or pasta, see Method.

● Standing Time: After standing, rinse rice and pasta in boiling water prior to serving.

COOKING CHART

FOOD	COOKING TIME	POWER LEVEL	METHOD	STANDING TIME
BEANS & PULSES			Pre-soak all beans and pulses overnight, except lentils	
Black-eyed Beans/ Butter Beans	30 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Chick Peas	50 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Green Lentils	20 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Haricot Beans	50 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Marrowfat Peas	45 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Orange Lentils	10 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Pinto Beans	30 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Red kidney Beans	40 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes
Split yellow Peas	60 Minutes per 225g	50%	Add 750ml (1 1/2 pints) boiling water to beans. Do not cover. Stir 3 times during cooking.	5 Minutes

DUAL CONVECTION COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Beef (rare) (chilled)	15 - 16 Minutes per 450g	Place fat side down in a flan dish on the low rack. Turn over and remove juices halfway through cooking.	DUAL CONV. 160°C, 30%
Beef/Lamb (medium) (chilled)	17 - 18 Minutes per 450g	Place fat side down in a flan dish on the low rack. Turn over and remove juices halfway through cooking.	DUAL CONV. 160°C, 30%
Beef/Lamb (well done) (chilled)	20 - 21 Minutes per 450g	Place fat side down in a flan dish on the low rack. Turn over and remove juices halfway through cooking.	DUAL CONV. 160°C, 30%
Pork (chilled)	16 - 17 Minutes per 450g	Place fat side down in a flan dish on the low rack. Turn over and remove juices halfway through cooking.	DUAL CONV. 160°C, 50%
Whole Poultry (chilled)	10 - 11 Minutes per 450g	Place breast side down in a flan dish on the low rack. Turn over and remove juices halfway through cooking. Stand for 10 minutes after cooking.	DUAL CONV. 200°C, 50%

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

DUAL CONVECTION COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Meat Pie (uncooked, frozen)	25 Minutes for a 450g pie 30 Minutes for a 550g pie 35 Minutes for a 650g pie	Preheat oven to 200°C. Remove from foil container. Glaze and place in a flan dish on the low rack. Stand for 3 - 4 minutes after cooking.	Preheat 200°C DUAL CONV. 200°C, 10%
Sausage Rolls (uncooked, frozen)	20 Minutes for 8 (approx. 50g each)	Preheat oven to 220°C. Glaze and place in a flan dish on the low rack. Stand for 3 - 4 minutes after cooking.	Preheat 220°C DUAL CONV. 220°C, 10%
Baked Potatoes	30 Minutes for 4 potatoes (250g each)	Preheat oven to 250°C. Pierce each potato in several places. Place on the turntable. No standing time is required. Use Sequence cooking. **Stage 1:** Cook on DUAL CONVECTION, 250°C, 70% for 20 minutes. **Stage 2:** Cook on CONVECTION, 250°C for the last 10 minutes. No standing time is required.	Preheat 250°C **Stage 1:** DUAL CONV. 250°C, 70% **Stage 2:** CONVECTION 250°C
Roast Potatoes	50 Minutes for 800g potatoes	Preheat oven to 250°C. Cut into even sized pieces and brush with oil. Place in flan dish on the low rack. Use Sequence cooking. **Stage 1:** Cook on DUAL CONVECTION, 250°C, 30% for 40 minutes. Turn over after 30 minutes. **Stage 2:** Cook on CONVECTION, 250°C for the last 10 minutes. No standing time is required.	Preheat 250°C **Stage 1:** DUAL CONV. 250°C, 30% **Stage 2:** CONVECTION 250°C
Oven Ready Pizza (chilled)	4 - 5 Minutes for 200g 6 - 7 Minutes for 400g 10 - 11 Minutes for 800g	Preheat oven to 250°C. Remove packaging and place directly on the low rack. No standing time is required.	Preheat 250°C DUAL CONV. 250°C, 50%
Oven Ready Pizza (frozen)	6 - 7 Minutes for 200g 10 - 11 Minutes for 400g 15 - 16 Minutes for 800g	Preheat oven to 250°C. Remove packaging and place directly on the low rack. No standing time is required.	Preheat 250°C DUAL CONV. 250°C, 50%
Garlic Baguette (chilled)	6 Minutes for 1 baguette	Preheat oven to 250°C. Remove packaging & place in a flan dish on the low rack.	Preheat 250°C DUAL CONV. 250°C, 10%
Garlic Baguette (frozen)	10 Minutes for 1 baguette	Preheat oven to 250°C. Remove packaging & place in a flan dish on the low rack.	Preheat 250°C DUAL CONV. 250°C, 10%

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

DUAL GRILL COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Oven Chips (thin & standard) (frozen)	12 - 13 Minutes for 200g 14 - 15 Minutes for 300g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. No standing time is required.	DUAL GRILL, 30%
Oven Chips (thick) (frozen)	16 - 17 Minutes for 300g 18 - 19 Minutes for 400g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. No standing time is required.	DUAL GRILL, 30%
Fish Fillets (chilled)	14 - 16 Minutes per 450g	Place in a single layer in a flan dish. Place on the low rack. No turn over is required No standing time is required.	DUAL GRILL, 10%
Whole Fish and Steak (chilled)	12 - 14 Minutes per 450g	Place in a single layer in a flan dish. Place on the low rack. No turn over is required No standing time is required.	DUAL GRILL, 10%
Toasted Sandwich	8 Minutes for 1 sandwich	Place two slices of ham and 50g grated cheese between 2 slices of bread and butter. Place in a flan dish on the high rack. Turnover after 3 minutes. No standing time is required.	DUAL GRILL, 10%
Chicken Leg, Breast and Drumstick portions	12 - 13 Minutes per 450g	Place best side down in a flan dish on the low rack. Calculate the cooking time. Use Sequence cooking. **Stage 1:** Cook on 100% for the first half of the cooking time. Turn over, remove juices at the end of Stage 1. **Stage 2:** Cook on DUAL GRILL, 100% for the second half of the cooking time. Stand for 10 minutes after cooking.	**Stage 1:** MICROWAVE 100% **Stage 2:** DUAL GRILL, 100%
Pork Chops (with bone) (chilled)	11 - 12 Minutes per 450g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. Stand for 3 - 4 minutes after cooking.	DUAL GRILL, 70%
Lamb chops and Pork Chops (Boneless) (chilled)	10 - 11 Minutes per 450g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. Stand for 3 - 4 minutes after cooking.	DUAL GRILL, 70%
Sausages (thick) (chilled)	12 - 13 Minutes per 450g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. Stand for 2 - 3 minutes after cooking.	DUAL GRILL, 50%
Sausages (thick) (chilled)	10 - 11 Minutes per 450g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. Stand for 2 - 3 minutes after cooking.	DUAL GRILL, 50%
Beefburgers (frozen)	9 - 10 Minutes per 450g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. Stand for 2 - 3 minutes after cooking.	DUAL GRILL, 30%
Beefburgers (chilled)	12 Minutes per 450g	Place in a flan dish on the high rack. Turn over 3/4 of the way through cooking. Stand for 2 - 3 minutes after cooking.	DUAL GRILL, 10%

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

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DUAL GRILL COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Crispy Crumb Foods (chilled)	8 - 9 Minutes for 100g	Place in a flan dish on the high rack. Turn over after 6 minutes.	DUAL GRILL, 10%
	10 - 11 Minutes for 200g	Place in a flan dish on the high rack. Turn over after 7 minutes.	DUAL GRILL, 10%
	12 - 13 Minutes for 300g	Place in a flan dish on the high rack. Turn over after 8 minutes.	DUAL GRILL, 10%
	14 - 15 Minutes for 400g	Place in a flan dish on the high rack. Turn over after 10 minutes.	DUAL GRILL, 10%
Crispy Crumb Foods (frozen)	8 - 9 Minutes for 100g	Place in a flan dish on the high rack. Turn over after 6 minutes.	DUAL GRILL, 10%
	10 - 11 Minutes for 200g	Place in a flan dish on the high rack. Turn over after 6 minutes.	DUAL GRILL, 10%
	12 - 13 Minutes for 300g	Place in a flan dish on the high rack. Turn over after 6 minutes.	DUAL GRILL, 10%
	14 - 15 Minutes for 400g	Place in a flan dish on the high rack. Turn over after 6 minutes.	DUAL GRILL, 10%

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

GRILL COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Bacon (chilled)	10 - 12 Minutes for 1 -4 rashers	Place in a flan dish on the high rack. Turn over after 2/3 of cooking time. Stand for 1 - 2 Minutes after cooking.	GRILL
Beef / Gammon Steak (chilled)	14 - 16 Minutes for 225g	Place on the high rack. Turn over after 2/3 of cooking time. Stand for 3 Minutes after cooking.	GRILL
Fish Fingers (frozen)	16 Minutes for 10 - 12	Place on the high rack. Turn over after 2/3 of cooking time. Stand for 2 Minutes after cooking.	GRILL
Toast / Tea Cakes	7 Minutes for 1 - 4 slices	Place on the high rack. Turn over after 5 minutes. No standing time is required.	GRILL
Cheese on Toast	8 Minutes for 2 slices	Place bread on the high rack. Grill one side for 4 minutes. Turn over and cover with 40g grated cheese per slice. Grill for remaining time. No standing time is required.	GRILL
Muffins	5 Minutes for 1 - 4 halves	Slice in half and place on the high rack. Turn over after 2/3 of cooking time. No standing time is required.	GRILL
Potato Cakes	10 Minutes for 2 large cakes	Place on the high rack. Turn over after 6 minutes. No standing time is required.	GRILL
Crumpets	10 Minutes for 4 crumpets	Place on the high rack. Turn over halfway through cooking. No standing time is required.	GRILL

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

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REHEATING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Canned foods (soups, beans, vegetables, etc.)	5 - 6 Minutes for 425g	Remove from the can. Place in a dish, cover. Stir halfway through cooking. Stand for 2 minutes after cooking.	MICROWAVE 100%
Christmas pudding	30 - 40 seconds for a 125g slice	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.	MICROWAVE 70%
	50 Sec. - 1 Min. for a 175g pudding	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.	MICROWAVE 70%
	3 - 4 Minutes for a 450g pudding	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 1 minute after cooking.	MICROWAVE 70%
Bread rolls/ Croissants	20 - 30 seconds for 2	Place on the turntable.	MICROWAVE 70%
Sausage rolls (cooked, chilled)	6 - 8 Minutes for 8 (approx. 50g each)	Preheat oven to 220°C. Place in a flan dish on the low rack. Stand for 2 minutes after cooking.	Preheat 220°C DUAL CONV. 220°C, 30%
Quiche, (cooked, chilled)	10 - 12 Minutes for a 225g quiche	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	Preheat 200°C DUAL CONV. 200°C, 30%
Meat Pie (cooked, chilled)	8 Minutes for a 225g pie	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	Preheat 200°C DUAL CONV. 200°C, 50%
Fruit Pie (cooked, chilled)	15 - 30 Seconds for a 50g - 70g pie 10 Minutes for a 225g pie	Preheat oven to 200°C. Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	Preheat 200°C DUAL CONV. 200°C, 10%

- Chilled foods are cooked from 5°C.
- Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies.
- DO NOT EXCEED THE REHEATING TIMES GIVEN IN THE CHART ABOVE.

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RECIPES

GREEK LENTIL SOUP

Serves 4

45ml (3 tbsp) olive oil
75g onion, chopped
1 clove garlic, crushed (see tip, page 60)
1 medium carrot, chopped
1 stick celery, chopped
100g dried red lentils
2.5ml (1/2 tsp) dried thyme (see tip, page 56)
2.5ml (1/2 tsp) dried marjoram (see tip, page 56)
175g canned, chopped tomatoes
900ml (1 1/2 pints) hot vegetable stock
salt and pepper to taste

1 Combine the olive oil, onion and garlic together in a large bowl and heat on 100% for 2 minutes.
2 Add the carrot and celery, mix well. Cook on 100% for 3 minutes.
3 Add the lentils, thyme, marjoram, tomatoes and stock, season and mix well.
4 Cook on 100% for 5 minutes and then on 50% for 35 minutes or until the lentils are tender. Stir every 5 minutes.

CREAMY MUSHROOM SOUP

Serves 4

125g onion, chopped
225g mushroom, sliced
25g butter
25g plain flour
300ml (1/2 pint) milk
450ml (3/4 pint) hot vegetable stock
2.5ml (1/2 tsp) dried marjoram (see tip, page 56)
2.5ml (1/2 tsp) dried basil (see tip, page 56)
salt and pepper to taste
150ml (1/4 pint) double cream

1 Cook the onion, mushrooms and butter together in a bowl on 100% for 3 minutes.
2 Stir in the flour to form a paste, gradually add the milk and stock.
3 Stir in the marjoram, basil, salt and pepper to taste. Cook on 100% for 8 minutes, stir after 4 minutes.
4 Blend and add the cream, cook on 100% for 6 minutes.

BROCCOLI & CHEESE SOUP

Serves 4

15ml (1 tbsp) sunflower oil
225g onion, finely chopped
400g broccoli, broken into small florets
25g plain flour
1 litre (1 3/4 pints) hot vegetable stock
300ml (1/2 pint) milk
200g double gloucester cheese, grated
salt and pepper to taste

1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on 100% for 5 minutes.
2 Stir in the flour to form a paste, add the stock, milk and cheese, mix well. Cover and cook on 100% for 10 minutes.
3 Blend in a food processor. Return to bowl and season. Heat on 70% for 18 minutes, stir 3 - 4 times.

VEGGIE NACHOS

Serves 4

100g tortilla chips
50g each green and red pepper, diced
25g onion, diced
50g courgette, diced
50g fresh tomato, diced
25g black olives, sliced
2.5ml (1/2 tsp) ground cumin
50g red leicester cheese, grated
50g mature cheddar cheese, grated

1 Spread tortilla chips in a 25cm (10") flan dish.
2 Mix the vegetables with the cumin in a large bowl.
3 Spread the vegetables over the tortilla chips.
4 Sprinkle the cheeses over the top of the vegetables.
5 Place on the high rack and cook on DUAL GRILL, 10% for 5 minutes.

RECIPES

AVOCADO AU GRATIN

Serves 2 or 4

50g margarine
50g fresh brown breadcrumbs
50g cooked ham, finely chopped
90ml (6 tbsp) double cream
salt and pepper to taste
5ml (1 tsp) fresh parsley, chopped
2 large ripe avocados
15ml (1 tbsp) lemon juice (see tip, page 55)
50g cheese, grated
fresh parsley sprigs to garnish

1 Place the margarine in a bowl and heat on 100% for 30 seconds. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on 100% for 2 minutes.
2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
3 Place the avocados in a large flan dish and sprinkle with the grated cheese.
4 Place the dish on the high rack, use sequence programming to cook on 100% for 2 1/2 minutes, then on GRILL for 5 minutes until brown and crispy.

SPICY PRAWNS

Serves 4

60ml (4 tbsp) white wine
15ml (1 tbsp) hot chilli sauce
30ml (2 tbsp) garlic purée
30ml (2 tbsp) dried parsley (see tip, page 24)
650g prawns, cooked and peeled

1 Place all ingredients, except the prawns, into a medium bowl. Mix well, then stir in the prawns.
2 Cover the bowl and place in the refrigerator overnight to marinate.
3 Preheat the oven to CONVECTION 250°C.
4 Remove cover and place the prawns into a 25cm (10") flan dish.
5 Place dish on the low rack and cook on DUAL CONVECTION, 250°C, 10% for 20 minutes

STUFFED MUSHROOMS

Serves 4 - 8

4 medium open cap mushrooms
or 6 smaller mushrooms
50g leek, chopped
1 cloves garlic, crushed (see tip, page 30)
75g cooked rice
25g bacon, chopped
50g cheddar cheese, grated

1 Remove the mushroom stalks. Place the mushroom caps in a 25cm (10") flan dish open side up.
2 Mix the leeks, garlic, rice and bacon in a bowl.
3 Fill mushrooms with equal amounts of the mixture then sprinkle with cheese.
4 Place the dish on the high rack and cook on DUAL GRILL, 50% for 8 minutes.

CRISPY CHICKEN FINGERS

Serves 4 - 6

150g dried crispy onions
15ml (1 tbsp) honey dijon mustard
15ml (1 tbsp) coarse ground mustard
1 egg (small)
225g skinless chicken fillets

1 Place onions in a flan dish.
2 In a small bowl, mix mustards and egg together.
3 Cut the chicken fillets into long thin strips like fingers.
4 Dip the chicken into the mustard mixture, then into the onions, turning to coat them evenly.
5 Grease a 25cm (10") flan dish and cover with the chicken fingers.
6 Place on the high rack and cook on DUAL GRILL, 70% for 5 minutes.

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RECIPES

TUNA STUFFED AUBERGINES

Serves 4

2 medium aubergines
salt
25g margarine
125g onion, chopped
15ml (1 tbsp) tomato purée
2.5ml (1/2 tsp) dried oregano (see tip, page 56)
200g canned tuna, drained
50g fresh breadcrumbs
50g cheddar cheese, grated

1 Cut the aubergines in half lengthways and score the flesh with a knife. Sprinkle with salt and leave for 30 minutes. Rinse well.
2 Place the aubergine halves, cut side down, in a 25cm (10") flan dish. Cover and cook on 70% for 7 - 8 minutes until soft.
3 Place the margarine and onion in a bowl and cook on 100% for 2 minutes until soft.
4 Add the tomato purée, oregano, tuna and breadcrumbs.
5 Scoop out the flesh from the aubergines and finely chop. Add to tuna mixture and mix well.
6 Place equal amounts of the mixture into each aubergine half then sprinkle with cheese.
7 Place on the low rack and cook on DUAL GRILL, 50% for 8 minutes.

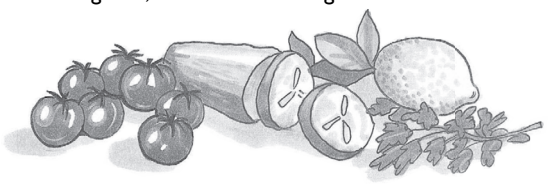
SALAD PROVENCALE

Serves 2 - 4

225g courgette, sliced
1/2 red pepper, seeded and sliced
1/2 yellow pepper, seeded and sliced
225g aubergine, cubed
60ml (4 tbsp) olive oil
12 cherry tomatoes
2 cloves garlic, crushed (see tip, page 60)
15ml (1 tbsp) fresh parsley, chopped
50g whole black olives
15ml (1 tbsp) lemon juice (see tip, page 81)
salt and pepper to taste

Serve with French Bread

1 Place the courgettes, red and yellow pepper, aubergine and olive oil in a large bowl, cook on 70% for 6 minutes or until the vegetables have softened. Stir after half the cooking time.
2 Stir in the remaining ingredients and cook on 70% for a further 5 minutes. Toss gently and transfer to a serving dish, chill before serving.



STUFFED PEPPERS

Serves 3 - 6

3 medium green, red or yellow peppers
225g minced pork
125g cooked rice
50g red pepper, finely chopped
50g spring onion
2 cloves garlic, crushed (see tip, page 60)
5ml (1 tsp) ground cumin
salt and pepper
2 eggs (medium)
100g cheddar cheese, grated

1 Cut peppers lengthways into halves. Remove seeds and membranes. Place in a greased 25cm (10") flan dish.
2 In a medium bowl, combine all remaining ingredients except for the cheese. Fill the pepper halves with equal amounts of the mixture.
3 Sprinkle the cheese over the filling.
4 Place on the low rack and cook on DUAL GRILL, 50% for 10 minutes.

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RECIPES

Fish & bulgar wheat salad

Serves 4

225g bulgar wheat or cous cous
600ml (1 pint) boiling water
30ml (2 tbsp) olive oil
225g onion, chopped
50g celery, chopped
225g courgette, chopped
300ml (1/2 pint) hot fish stock
100g cabbage, shredded
100g dwarf green beans
16 cherry tomatoes
450g hoki or cod fillets, in small chunks
5ml (1 tsp) ground coriander
salt and pepper to taste
30ml (2 tbsp) olive oil
30ml (2 tbsp) fresh mint, chopped
juice & grated rind of 1 lemon (see tip, page 81)

1. Place bulgar wheat in a large bowl, add boiling water, mix well and heat on 50% for 7 minutes. Leave to stand, do not drain.
2. Place 30ml (2 tbsp) of the olive oil and onion in a bowl, heat on 100% for 1 minute. Add celery and courgettes, mix well and cook on 100% for 3 minutes.
3. Add the stock, cabbage, beans, tomatoes and fish, mix well. Season with coriander, salt and pepper. Cook on 50% for 14 minutes until fish is cooked. Stir halfway through cooking. Drain at end of cooking.
4. Drain and rinse bulgar wheat in boiling water, stir in the olive oil, mint, lemon juice and lemon rind. Stir in the fish mixture. Allow to chill before serving.

   Most of the remaining juice will be absorbed whilst chilling.

Cheesy fish chunks

Makes 6 chunks

2 cod loins (approx. 275g each)
100g golden breadcrumbs
50g parmesan cheese, grated
salt and pepper to taste
1 egg (medium), beaten

1. Cut each loin into 3 pieces to make 6 chunks.
2. Combine breadcrumbs, cheese and seasoning and place in a flan dish.
3. Pour the egg into a bowl.
4. Dip the fish chunks first into the egg, then into the breadcrumb mixture, turning to coat evenly.
5. Place the fish chunks in a greased, 25cm (10") flan dish.
6. Place the dish on the high rack and cook on DUAL GRILL, 30% for 15 minutes.

Kedgeree

Serves 4

350g smoked Haddock
100g butter
225g onion, finely chopped
225g white long grain rice
600ml (1 pint) boiling water
150ml (1/4 pint) single cream
4 hard boiled eggs (medium), chopped
salt and pepper to taste

Garnish with parsley to serve.

1. Arrange haddock in a single layer in a large flan dish, cover. Cook on 100% for 5 minutes. Remove any skin and bones from fish, flake flesh.
2. Place butter in a large bowl, heat on 100% for 30 seconds until melted. Stir in onion, cook on 100% for a further 30 seconds. Stir in rice and boiling water, cook on 70% for 14 - 15 minutes until rice is tender. Stir 2 - 3 times during cooking. Drain if necessary.
3. Add fish, cream, eggs, seasoning, mix well. Cook on 100% for 5 minutes, stir after 2 minutes.

Microwave Tip: Toasting Almonds
Place 25g almonds in a shallow flan dish with a knob of butter, heat on 100% for 3 minutes, stir every minute until golden.

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RECIPES

GRILLED TUNA STEAK WITH ORANGE

Serves 4

5ml (1 tsp) green peppercorns, crushed
15ml (1 tbsp) fresh tarragon
2.5ml (1/2 tsp) salt
4 fresh tuna steaks (approx. 250g each)
juice & grated rind of 2 medium oranges (see tip, page 81)
olive oil to sprinkle
15ml (1 tbsp) cornflour mixed with
15ml (1 tbsp) water

Serve with new potatoes and fresh vegetables.

1 Mix peppercorns, tarragon and salt. Rub evenly onto the steaks and arrange in a flan dish, add orange juice and rind. Sprinkle generously with oil. Marinade in fridge for 30 minutes - 1 hour.
2 Place on low rack, use sequence cooking to cook on 50% for 10 minutes, then on DUAL GRILL, 50% for 8 minutes.
3 Remove fish steaks from flan dish. Stir cornflour mixture into remaining juice. Heat on 100% for 2 - 3 minutes until thickened, stir after 1 minute.
4 Return the fish steaks to the sauce and heat on 70% for 1 minute.

FISH KEBABS

Serves 4

8 wooden skewers
4 courgette, cut into 1" chunks
24 button mushrooms, stalks removed
300g firm fleshed fish skinned and cut into 1" cubes
8 slices of orange, halved
12 cherry tomatoes, halved
10ml (2 tsp) fresh dill, chopped
100g margarine

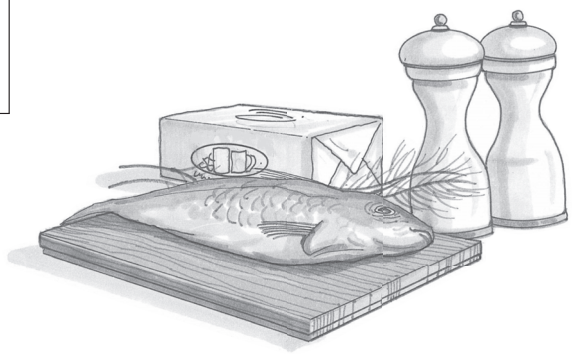
1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
2 Heat the dill and margarine in a small bowl on 100% for 1 minute. Place 4 kebabs in a large flan dish and brush with the dill butter.
3 Place on high rack and cook on DUAL GRILL, 50% for 12 minutes. Turn over and rearrange the kebabs every 4 minutes.
4 Repeat for remaining kebabs.

PAELLA

Serves 4

200g white long grain rice
600ml (1 pint) hot chicken stock
2.5ml (1/2 tsp) turmeric
salt and pepper to taste
1 red pepper, seeded and sliced
100g prawns, peeled and cooked
100g peas
100g cockles, cooked
100g mussels, cooked
100g whole baby corn, halved
225g chicken, cooked and chopped

1 Place the rice in a 2.5 litre (approx. 4 pint) casserole dish and add the stock, turmeric and seasoning.
Cook on 70% for 14 - 15 minutes, until the rice is tender, stir 2 - 3 times during cooking. Drain any excess liquid.
2 Stir in the pepper, prawns, peas, cockles, mussels, baby corn and chicken.
3 Place on low rack and cook on DUAL CONVECTION, 180°C, 70% for 15 minutes. Stir twice during cooking.



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RECIPES

PINEAPPLE SWORDFISH

Serves 4

4 swordfish steaks (approx. 150g each)
30ml (2 tbsp) orange juice (see tip, page 81)
15ml (1 tbsp) lime juice (see tip, page 81)
15ml (1 tbsp) lemon juice (see tip, page 81)
grated rind of 1/2 orange
grated rind of 1/2 lime
grated rind of 1/2 lemon
3 cloves garlic, crushed (see tip, page 60)
125g pineapple juice, unsweetened
15ml (1 tbsp) olive oil
100g red pepper, chopped
100g red onion, chopped
1 jalapéno chilli, seeded and finely chopped
handful fresh coriander, chopped
100g canned pineapple chunks, drained

1 Place the fish in a 25cm (10") flan dish.
2 In a small bowl, mix together the orange, lime and lemon juice, rinds and garlic. Spread over the fish, cover and leave in the refridgerator to marinate for at least 4 hours or overnight.
3 Remove the cover from the dish and pour the pineapple juice over the fish.
4 Place on the low rack and cook on DUAL CONVECTION, 220°C, 50% for 13 minutes.
5 Leave the fish to stand for a few minutes.
In a medium bowl, place the oil, pepper, onion, chilli and coriander, mix well.
6 Cook on 100% for 2 - 3 minutes until just soft. Add the pineapple chunks, mix well and serve with the fish.

CHILLI & HERB RED SNAPPER

Serves 4

4 whole red snapper (approx. 200g each)
sea salt
zest of 2 limes
10ml (2 tsp) fresh thyme leaves
2 bay leaves, broken
10ml (2 tsp) fennel seeds
juice of 2 limes (see tip, page 81)
15ml (1 tbsp) olive oil

Before using, ensure the fish has been cleaned, descaled and the head removed

Salsa:
1 papaya, cut into chunks
1/2 red chilli pepper, finely chopped
dash of vinaigrette dressing

1 Wash the fish, pat dry and rub inside and out with salt. Score three slashes into each side of the fish.
2 Crush the zest, thyme, bay leaves and fennel seeds together using a pestel and mortar then mix in the lime juice and oil to form a paste.
3 Spread the paste all over the fish and inside the slashes. Arrange the fish in a 25cm (10") flan dish.
4 Place on the low rack and cook on DUAL GRILL, 50% for 12 minutes.

Mix the papaya, chilli and vinaigrette together to make the salsa and serve with the fish.

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RECIPES

SWEET & SOUR SPARE RIBS

Serves 4

300g hoisin sauce
45ml (3 tbsp) red wine
1.6kg pork spare ribs, separated
1 quantity sweet and sour sauce (see page 93)

1 Place hoisin sauce and wine in a large bowl, mix well. Coat the ribs with the sauce and leave in bowl to marinate overnight.
2 Preheat oven to CONVECTION 200°C
3 Place ribs on two baking trays. Place one tray on the upper shelf and the other on the lower shelf. Cook for 55 minutes on CONVECTION 200°C. Rotate the trays 180° after half the cooking time.
4 Place cooked ribs in a large dish and pour over sweet and sour sauce to serve.

BEEF CASSEROLE

Serves 4

60ml (4 tbsp) plain flour
salt and pepper
5ml (1 tsp) mixed herbs
500g braising steak, sliced thinly
75g streaky bacon rashers, chopped
25g margarine
225g carrot, sliced
225g courgette, sliced
100g baby onion (whole)
225g potato, par-boiled and chopped
300ml (1/2 pint) hot beef stock
300ml (1/2 pint) red wine
30ml (2 tbsp) cornflour blended with water

1 Mix together the flour, salt, pepper and herbs, toss the beef and bacon in the seasoned flour until well coated.
2 Put the margarine in a 2.5 litre (approx. 4 pint) casserole dish and melt on 100% for 30 seconds. Stir in the beef, bacon, carrots, courgettes, onions and potatoes.
3 Pour in the beef stock, wine and blended cornflour, mix well. Cover dish with a lid and place on low rack. Cook on DUAL CONVECTION, 180°C, 30% for 45 minutes. Stir 3 times during cooking.
4 Leave to stand for 5 minutes before serving, so that the meat relaxes to improve the texture.

MEAT FEAST PIZZA

Serves 2 - 4

1 x 150g ready made pizza base (approx 9")
tomato pizza topping, to cover base
25g cubed pancetta
25g cooked ham, sliced
25g cooked beef, sliced
50g cooked sausage, sliced
15 slices pepperoni
50g onion, sliced
25g green pepper, chopped
100g mozzarella cheese, grated

1 Place the pizza base in a 25cm (10") flan dish.
2 Spread the pizza topping over the base.
3 Preheat the oven to CONVECTION 250°C.
4 Arrange the meats, onion and pepper over the topping. Sprinkle with the cheese.
5 Place on the low rack and cook on DUAL CONVECTION, 250°C, 30% for 10 minutes.

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RECIPES

STEAK KEBABS

Serves 4

75g soy sauce
150g red wine
1 clove garlic, crushed (see tip, page 60)
675g lean steak, cut into 1" cubes
2 large green peppers, seeded and cut into chunks
4 medium tomatoes, cut into quarters
16 fresh pineapple chunks

1 In a medium bowl, mix the soy sauce, wine and garlic. Add the steak cubes and stir to coat. Cover the bowl and refrigerate for at least 4 hours or overnight.
2 Remove the steak cubes from the marinade. Thread the steak cubes and vegetables alternately onto 8 wooden skewers.
3 Place equal skewers into two 25cm (10") flan dishes.
4 Place the dish on high rack and cook on DUAL GRILL, 50% for 12 minutes, turning over halfway through cooking. Repeat for the second dish.

LASAGNE

Serves 4 - 6

125g onion, chopped
2 cloves garlic, crushed (see tip, page 60)
450g lean minced beef
100g mushroom, chopped
15ml (1 tbsp) tomato purée
400g canned chopped tomatoes
150ml (1/4 pint) hot beef stock
15ml (1 tbsp) cornflour blended with 15ml (1 tbsp) water
salt and pepper to taste
12 sheets of spinach lasagne
600ml (1 pint) cheese sauce (see page 92)
50g mushroom, sliced
15ml (1 tbsp) fresh oregano, chopped

1 Place the onion, garlic, mince, mushrooms, purée, tomatoes, stock, cornflour and seasoning in a large bowl. Mix well.
2 Cook on 70% for 20 minutes until thickened, stir twice during cooking.
3 Cover the base of a deep, square 20cm (8") dish with half of the meat mixture, followed by a layer of lasagne sheets. Cover with half of the cheese sauce. Repeat, using the remaining ingredients, finishing with the cheese sauce. Sprinkle generously with the sliced mushrooms and oregano.
4 Place on the low rack and cook on DUAL CONVECTION, 220°C, 70% for 20 minutes.

BEEF WELLINGTON

Serves 4

150g coarse liver pâté
100g mushroom, finely chopped
800g fillet of beef
450g puff pastry
1 egg (medium), beaten to glaze

1 Preheat the oven to CONVECTION 220°C.
2 Combine the pâté and mushroom in a bowl.
3 Roll out pastry to make a square 28cm (11") or size suited to the meat. Spread pâté and mushroom mixture over the surface. Place meat in centre.
4 Fold pastry over meat and seal edges. Place seam side down on a greased baking tray. Glaze with egg.
5 Place on the lower shelf, bake on CONVECTION 220°C for 60 - 65 minutes until golden. Rotate the tray 180° after half the cooking time.

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RECIPES

BACON & STILTON PIE

Serves 6

225g self raising flour
pinch of salt
100g shredded suet
150ml (1/4 pint) water
15ml (1 tbsp) olive oil
75g onion, chopped
150g back bacon, diced
225g leek, thinly sliced
150g stilton, crumbled
90ml (6 tbsp) single cream
seasoning
1 egg yolk, beaten
egg white to glaze

1. Sift the flour and salt into a large mixing bowl and stir in the suet.
2. Gradually mix in 150ml water until you have a soft dough, knead lightly on a floured work surface, divide in half and roll out a base and lid large enough to fit a 20cm (8") flan dish. Line the greased flan dish with the base.
3. Cook onion and bacon in oil for 2 minutes on 100%.
4. Add leeks and cook for 5 minutes on 100%.
5. Stir in the stilton, cream, seasoning and egg yolk.
6. Put the filling on the pastry.
7. Seal the pie with the lid and brush with egg white.
8. Place on the low rack and bake on DUAL CONVECTION, 250°C, 30% for 25 minutes.

GARLIC ROASTED LAMB

Serves 4 - 6

5ml (1 tsp) each of fresh oregano, tarragon and thyme, chopped
2 bay leaves
2 cloves garlic, roughly chopped (see tip, page 60)
7.5ml (1 1/2 tsp) paprika
5ml (1 tsp) plain flour
45ml (3 tbsp) spanish medium dry sherry
30ml (2 tbsp) olive oil
1.8kg leg of lamb
sea salt

1. In a small bowl, crush the herbs, bay leaves, garlic, paprika and flour together, mix in the sherry and oil.
2. Place the lamb in a 25cm (10") flan dish and score all over, brush with half of the sauce and sprinkle with sea salt.
3. Place on the low rack and cook on DUAL CONVECTION, 160°C, 30% for 72 minutes, turn over halfway through cooking and brush with the remaining sauce.

MEAT & POTATO PIE

Serves 4 - 6

25g plain flour
salt and pepper to taste
800g stewing steak, cut into cubes
450g potato, peeled and chopped
225g onion, chopped
450ml (1/2 pint) hot beef stock
30ml (2 tbsp) cornflour blended with 30ml (2 tbsp) water
225g shortcrust or puff pastry
1 egg (medium), beaten to glaze

1. Place the flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, Add the meat and turn to coat with the flour. Add the potatoes, onion and stock, mix well.
2. Cook on 70% for 30 minutes, stir twice during cooking.
2. Stir in the cornflour, mixing well. Leave to one side.
3. Preheat the oven to CONVECTION 220°C.
4. Roll out the pastry to make a lid for the casserole dish. Place the lid over the meat pinching the edges. Brush with egg to glaze.
5. Place on the lower shelf and cook on CONVECTION 220°C for 22 minutes.
   Rotate the dish 180° after half the cooking time.

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RECIPES

CHINESE BEEF

Serves 4 - 6

45ml (3 tbsp) sesame oil
15ml (1 tbsp) garlic puree
900g beef joint, thinly sliced
150ml (1/4 pint) oyster sauce
150ml (1/4 pint) hot beef stock
175g red onion, sliced
200g carrot, thinly sliced
200g mangetout, whole
1 red pepper, cut into chunks
200g baby sweetcorn, cut in half

1 Combine the oil and garlic in a 3.5 litre (approx. 6 pints) casserole dish. Add the beef , mix well to coat evenly, stir in the oyster sauce and stock.
2 Place on the turntable and cook on 70% for 10 minutes, stirring twice during cooking.
3 Add the onion, carrot, mangetout, pepper and sweetcorn, mix well.
4 Place on the low rack and cook on DUAL CONVECTION, 200°C, 50% for 20 minutes, stir twice during cooking.

ORIENTAL PORK LOIN

Serves 4 - 6

1.2 kg pork loin joint
60ml (4 tbsp) tomato ketchup
15ml (1 tbsp) sugar
15ml (1 tbsp) white wine or water
60ml (4 tbsp) hoisin sauce
1 clove garlic, crushed (see tip, page 60)

1 Trim the fat from the pork. Place in a 25cm (10") flan dish.
2 Mix the remaining ingredients together and pour over the pork. Turn the pork over to coat with the marinade.
3 Cover the dish and refrigerate overnight to marinate. Remove the cover before cooking.
4 Place on the low rack and cook on DUAL CONVECTION, 160°C, 50% for 44 minutes, turning over halfway through cooking.

GLAZED PORK CHOPS

Serves 4

4 boneless pork chops (approx. 225g each)
2.5ml (1/2 tsp) lime peel, grated
45ml (3 tbsp) lime juice (see tip, page 81)
30ml (2 tbsp) honey (see tip, page 87)
10ml (2 tsp) fresh ginger, grated

1 Place the chops in a 25cm (10") flan dish.
2 In a small bowl, mix together the lime peel, lime juice, honey and ginger.
3 Pour the lime mixture liberally over the chops. Cover and refrigerate for at least one hour. Remove the cover before cooking.
4 Place on the high rack and cook on DUAL GRILL, 70% for 18 minutes, turning over twice during cooking.

SAUSAGE SURPRISE

Serves 2 - 4

150g onion, sliced
100g mushroom, sliced
400g canned chopped tomatoes
1 packet (56g) dried chicken noodle soup
15ml (1 tbsp) tomato puree
30ml (2 tbsp) white wine
60ml (4 tbsp) water
salt and pepper to taste
8 thin sausages (approx. 240g)

1 Place the onion in a 2.5 litre (approx. 4 pint) casserole dish and cook on 100% for 2 minutes.
2 Mix in all the other ingredients except the sausages.
3 Add the sausages and turn to coat with the mixture until covered.
4 Place on the low rack and cook on DUAL CONVECTION, 200°C, 50% for 25 minutes. Rearrange the sausages and coat with the sauce 3 times during cooking.

Serve with baked or mashed potato.

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RECIPES

LAMB BALTI

Serves 4 - 6

225g onion, sliced
100g balti curry paste
30ml (2 tbsp) plain flour
300ml (1/2 pint) hot lamb stock
900g lamb, cubed
300g courgette, cut into cubes
300g canned chickpeas, drained

1 Place the onions and paste into a 3.5 litre (approx. 6 pint) casserole dish, mix well.
2 Place on the turntable and cook on 100% for 3 minutes.
3 Mix in the flour, then gradually add the stock, then the lamb.
4 Place on the low rack and cook on DUAL CONVECTION, 200°C, 50% for 20 minutes, stir twice during cooking.
5 Add the courgette and chickpeas, mix well.
6 Place on low rack and cook on DUAL CONVECTION, 200°C, 50% for 10 minutes, stir once during cooking.

BOLOGNESE SAUCE

Serves 4

45ml (3 tbsp) vegetable oil
150g onion, finely chopped
100g celery, finely chopped
2 cloves garlic, crushed (see tip, page 60)
75g bacon, finely chopped
1 bay leaf
400g canned, chopped tomatoes
30ml (2 tbsp) tomato purée
450g lean minced beef
15ml (1 tbsp) dried mixed herbs (see tip, page 56)
300ml (1/2 pint) red wine
300ml (1/2 pint) hot beef stock
30ml (2 tbsp) cornflour blended with 30ml water
salt and pepper to taste

1 Place oil, onion, celery, garlic and bacon into a large bowl, mix well. Cover and cook on 100% for 6 minutes.
2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on 100% for 8 minutes, stir 2 - 3 times during cooking.
3 Add herbs, wine, stock and blended cornflour. Season, mix well. Cover and cook on 100% for 5 minutes, then for 20 - 22 minutes on 50% until sauce is thick. Stir 2 - 3 times during cooking.

Serve hot with spaghetti.

Chilli con carne: Make as above, omit wine and herbs. At Stage 3 add 450g canned red kidney beans and 5 - 15ml (1 - 3 tsp) chilli powder, to taste.

SHEPHERDS PIE

Serves 4 - 6

450g lean minced lamb
125g onion, chopped
150g carrot, sliced
30ml (2 tbsp) tomato puree
450ml (3/4 pint) hot lamb stock
30ml (2 tbsp) cornflour, blended with water
salt and pepper
900g potato, cooked and mashed

1 Place the lamb, onion, carrot, tomato puree and stock in a large bowl, stir well.
2 Cook on 50% for 20 minutes, stir twice during cooking.
3 Stir in the blended cornflour and seasoning. Cook on 100% for 5 minutes.
4 Pour into a deep, 24cm (9 1/2") flan dish. Spread the potato over the lamb mixture; score across the potato with a fork, giving a spiky effect.
5 Place on the low rack and cook on DUAL CONVECTION, 250°C, 50% for 20 minutes.

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RECIPES

CHICKEN SATAY

Serves 4

MARINADE:
15ml (1 tbsp) groundnut oil
15ml (1 tbsp) lemon juice (see tip, page 81)
60ml (4 tbsp) satay sauce
1 clove garlic, crushed (see tip, page 60)
tabasco sauce to taste
450g chicken fillets, cubed
4 wooden skewers

1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the high rack. Cook on DUAL GRILL, 70% for 12 - 15 minutes. Turn over and rearrange skewers 2 - 3 times.

Microwave Tip: Drying herbs
Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on 70% for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs will take a little longer.

CHICKEN & STILTON ROLLS

Serves 4

4 chicken breast fillets, skinned (approx. 200g each)
150g blue stilton, finely chopped
50g leek, finely chopped
50g sun-dried tomatoes, finely chopped
100g bacon, finely chopped
salt and pepper to taste
cocktail sticks to secure
75g (3oz) cheddar cheese, grated

1 Open out chicken breasts, flatten with a rolling pin.
2 Place Stilton, leeks, tomatoes, bacon and seasoning in a bowl, mix well. Place a quarter of the mixture at one end of each breast. Roll up tight and secure with cocktail sticks. Ensure no filling is visible.
3 Place the breasts seam-side upwards in a flan dish.
4 Place the flan dish on the low rack.
5 Use sequence programming to cook on 100% for 5 minutes then DUAL GRILL, 100% for 12 minutes.
6 Turn over and add cheese halfway through DUAL GRILL cooking time.

CREAMY TURKEY CASSEROLE

Serves 4

600g turkey, cubed
225g button mushroom, sliced
225g leek, sliced
salt and pepper
SAUCE:
25g margarine
25g plain flour
5ml (1 tsp) cayenne pepper
30ml (2 tbsp) english mustard powder
300ml (1/2 pint) milk
salt and pepper
250g mascarpone cheese

1 Place the turkey, mushrooms, leeks, salt and pepper into a 2.5 litre (approx. 4 pint) dish and cook on 100% for 8 minutes stirring twice during cooking. Drain off excess liquid.
2 To make the sauce, place the margarine in a bowl and heat on 100% for 30 seconds until melted.
3 Stir in the flour, cayenne pepper and mustard powder mixing well.
4 Whisk in the milk and cook on 100% for 6 minutes, stir every 2 minutes until thick and smooth. Season with salt and pepper.
5 Mix the mascarpone cheese into the sauce and stir into the chicken mixture.
6 Place on the low rack and cook on DUAL CONVECTION, 180°C, 50% for 20 minutes, stir halfway through cooking.

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RECIPES

STICKY MUSTARD DRUMSTICKS

Serves 4

90ml (6 tbsp) wholegrain mustard
45ml (3 tbsp) dijon mustard
45ml (3 tbsp) clear honey (see tip, page 87)
12 chicken drumsticks (approx. 125g each)

1 In a medium bowl, combine the mustards and honey. Add the drumsticks and stir to coat. Cover the dish and leave to marinate in the refrigerator for 2 - 4 hours or overnight.
2 Turn the drumsticks in the marinade to coat them evenly before placing in a 25cm (10") flan dish.
3 Place on the low rack and cook on DUAL GRILL, 100% for 28 minutes, turn over and rearrange after 15 minutes of cooking.

FRUITY DUCK

Serves 4

150ml (1/4 pint) hot chicken, stock
300ml (1/2 pint) pineapple juice
150ml (1/4 pint) orange juice
30ml (2 tbsp) soy sauce
30ml (2 tbsp) honey (see tip, page 87)
15ml (1 tbsp) garlic purée
60ml (4 tbsp) dark rum
4 boneless duck breasts (approx. 200g each)
30ml (2 tbsp) cornflour blended with
30ml (2 tbsp) water

1 Place all the ingredients, except the duck and cornflour, into a medium bowl and mix well. Add the duck breasts and stir to coat with the sauce. Cover with cling film and leave to marinate in the refridgerator overnight.
2 Remove the duck breasts from the bowl and place in a 25cm (10") flan dish. Set the marinade aside to use later.
3 Place the flan dish on the low rack and cook on DUAL CONVECTION, 220c, 70% for 16 minutes.
4 Leave the fillets to stand covered in foil whilst cooking the marinade.
5 Place the bowl of marinade on the turntable and cook on 100% for 5 minutes, add the cornflour, mixing well. Cook on 100% for a further 6 minutes.

Serve with the duck fillets.

THAI CHICKEN

Serves 4

2 red chillies, deseeded and chopped
2 cloves garlic, chopped (see tip, page 60)
4 shallots, chopped
handful fresh coriander
zest half lime
5ml (1 tsp) demerara sugar
10ml (2 tsp) thai fish sauce
4 skinless chicken fillets (approx. 175g each)
165ml can of coconut milk

1 Blend the chillies, garlic, shallots, coriander and zest in a food processor, add the sugar and fish sauce to form a paste.
2 Score the chicken 4 times on each breast. Divide the paste into two bowls, set one aside.
3 Spread equal amounts of paste from one bowl into the scores on the chicken.
4 Place the chicken in a 2.5 litre (approx. 4 pint) casserole dish. Mix the remaining paste with the coconut cream and pour over the chicken.
5 Cover and leave to marinate in the refrigerator for 2 - 3 hours or overnight. Remove the cover and place on the low rack.
6 Cook on DUAL CONVECTION, 200°C, 70% for 25 minutes, rearrange and coat the chicken twice during cooking.

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RECIPES

CHICKEN CACCIATORE

Serves 4

225g mushroom, sliced
125g onion, chopped
1 clove garlic, crushed (see tip, page 60)
60ml (4 tbsp) tomato purée
300ml (1/2 pint) red wine
5ml (1 tsp) dried oregano (see tip, page 56)
5ml (1 tsp) dried parsley (see tip, page 56)
salt and pepper to taste
4 chicken portions

1 Place the mushrooms, onion and garlic in a 2.5 litre (approx. 4 pint) casserole dish.
Cook on 100% for 4 minutes.
2 Stir in remaining ingredients except the chicken, mix well.
3 Add chicken portions and turn to coat with the sauce.
4 Cook on DUAL CONVECTION, 200°C, 70% for 30 minutes, stir and coat the chicken twice during cooking.

Serve with rice or jacket potatoes.

CRISPY PARMESAN CHICKEN

Serves 4

175g golden breadcrumbs
10ml (2 tsp) paprika
salt and pepper
30ml (2 tbsp) parmesan cheese, grated
1 egg (medium)
30ml (2 tbsp) milk
4 chicken fillets (approx. 225g each)

1 Mix the breadcrumbs, paprika, seasonings and Parmesan cheese together in a large flan dish.
2 Beat the egg and milk together and pour into a second flan dish.
3 Dip the fillets into the egg mixture, then into the crumbs, turn over until well coated.
4 Put the fillets in a greased 25cm (10") flan dish and place on the low rack.
5 Cook on DUAL GRILL, 70% for 14 minutes; turn over after 10 minutes.

HONEYED CHICKEN

Serves 4

4 chicken breast fillets (approx. 200g each)
45ml (3 tbsp) clear honey (see tip, page 87)
5ml (1 tsp) whole grain mustard
2.5ml (1/2 tsp) dried tarragon (see tip, page 56)
15ml (1 tbsp) tomato purée
150ml (1/4 pint) chicken stock
15ml (1 tbsp) cornflour
salt and pepper

1 Place the chicken breasts in a casserole dish.
2 Mix all remaining ingredients together and pour over the chicken.
3 Place on the low rack and cook on DUAL CONVECTION, 200°C, 70% for 20 minutes.
Rearrange the chicken and coat with the sauce 3 times during cooking.

CRUNCHY CHICKEN FILLETS

Serves 4

30ml (2 tbsp) wholegrain mustard
30ml (2 tbsp) dijon mustard
45ml (3 tbsp) mango chutney
15ml (1 tbsp) clear honey (see tip, page 87)
150g cornflakes, crushed
4 chicken fillets (approx. 200g each)

1 In a medium bowl, combine the mustards, chutney and honey.
2 Place the cornflakes in a bowl.
Dip the fillets into the mustard mixture then the cornflakes crumbs, turn over to coat evenly.
3 Place the fillets in a greased 25cm (10") flan dish.
4 Place on the low rack and cook on DUAL CONVECTION, 220°C, 50% for 20 minutes.

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RECIPES

Chicken korma

Serves 6

900g chicken, cut into large pieces
175g natural yoghurt
2 cloves garlic, crushed (see tip, page 60)
50g creamed coconut
10ml (2 tsp) turmeric
25g margarine
125g onion, sliced
5cm (2") piece fresh ginger, grated
5ml (1 tsp) chilli powder
5ml (1 tsp) coriander seeds
5ml (1 tsp) cumin
5ml (1 tsp) cinnamon
salt and pepper to taste
10ml (2 tsp) cornflour
150ml (1/4 pint) single cream
25g roasted cashew nuts

1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate overnight in the refrigerator.
2 Place margarine in a large bowl, heat on 100% for 30 seconds, until melted. Add the onion and cook on 100% for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on 100% for 1 minute.
3 Add the chicken and marinade, mix well. Stir in the cumin and cinnamon. Season. Cover and cook on 100% for 8 minutes, stirring after 4 minutes.
4 Rearrange the chicken pieces and cook on 50% for 10 minutes. Stir halfway through cooking time.
5 Combine the cornflour with the cream and stir into the chicken. Cook on 100% for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts.

Mediterranean chicken

Serves 4

100g yellow pepper, sliced
125g onion, finely chopped
2 rashers bacon, chopped
50g sun-dried tomato, sliced
15 black olives, halved
400g canned, chopped tomatoes
30ml (2 tbsp) red wine
2.5ml (1/2 tsp) caster sugar
15ml (1 tbsp) fresh basil, chopped
4 chicken fillets (approx. 200g each)

1 Place the pepper, onion and bacon into a 2.5 litre (approx. 4 pint) casserole dish, cook on 100% for 3 minutes.
2 Stir in the remaining ingredients except for the chicken and mix well.
3 Add the chicken fillets and stir to coat with the sauce.
4 Place on the low rack and cook on DUAL CONVECTION, 200°C, 70% for 30 minutes. Rearrange the chicken and coat with the sauce twice during cooking.

Turkey risotto

Serves 4

125g onion, chopped
100g celery, sliced
100g green pepper, seeded and sliced
100g red pepper, seeded and sliced
225g turkey, cut into chunks
2.5ml (1/4 tsp) cayenne pepper
5ml (1 tsp) ground cumin
grated rind of 1 lemon
100g canned sweetcorn, drained
200g white long grain rice
700ml (1 1/4 pint) hot chicken stock
salt and pepper to taste

1 Place all the ingredients in the order given into a 2.5 litre (approx. 4 pint) casserole dish and mix well.
2 Place on the low rack and cook on DUAL CONVECTION, 180°C, 70% for 20 minutes, stir twice during cooking.

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RECIPES

CHICKEN PARMESAN BAKE

Serves 4 - 6

100g parmesan cheese, grated
1 egg (medium), beaten
6 chicken breast fillets (approx. 200g each)
25g plain flour
400g canned chopped tomatoes
1 clove garlic, crushed (see tip below)
10ml (2 tsp) fresh oregano, chopped
300ml (1/2 pint) hot chicken stock
salt and pepper to taste
50g cheddar or parmesan cheese, grated

1 Place the parmesan cheese in a flan dish.
2 Pour the egg into a second flan dish.
Dip the fillets into the egg and then into the cheese, turnover until thoroughly coated.
3 Place the flour in a bowl, mix to a paste with a little of the juice from the tomatoes. Stir in the tomatoes, garlic, oregano, chicken stock and seasoning.
4 Heat on 100% for 3 - 4 minutes, stirring every minute until thickened.
5 Pour half the mixture into a 2.5 litre (approx. 4 pint) casserole dish. Place the fillets into the sauce then pour the remaining sauce over the fillets.
6 Place on the low rack and cook on DUAL CONVECTION, 200°C, 70% for 35 minutes, rearrange and coat the chicken with the sauce twice during cooking.
7 Sprinkle with grated cheese 10 minutes before the end of cooking.

CHICKEN & TARRAGON FILO PIE

Serves 4

50g margarine
225g button mushroom, sliced
75g onion, finely chopped
1 clove garlic, crushed (see tip below)
3 eggs (medium), beaten
225g cottage cheese
150ml (1/4 pint) natural yoghurt
225g cooked chicken, skinned and chopped
15ml (1 tbsp) fresh tarragon, chopped
salt and pepper to taste
6 sheets filo pastry, cut in half
sunflower oil to brush

1 Place the margarine in a large bowl and heat on 100% for 30 seconds, stir in the mushrooms, onion and garlic and cook on 100% for 4 minutes, drain and allow to cool.
2 Preheat the oven to CONVECTION 200°C.
3 In a separate bowl, combine the eggs, cottage cheese, yoghurt, chicken and tarragon. Season. Add the mushroom mixture. Mix well.
4 Grease a square dish 30cm (12"). Place a layer of filo pastry in the bottom and brush with oil. Repeat for another 5 layers of pastry. Spoon in the chicken mixture and cover with the 6 remaining sheets of pastry. Brush each with oil.
5 Place on the lower shelf, bake on CONVECTION 200°C for 45 minutes until brown.
Rotate dish after half the cooking time.

Microwave Tip: Peeling garlic easily
Place 3 - 4 cloves of garlic on the turntable. Heat on 100% for 30 seconds.
Squeeze at one end until clove pops out.

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RECIPES

SPINACH GRATIN

Serves 4

75g onion, chopped
2 cloves garlic, crushed (see tip, page 60)
300g creamed spinach
75g celery, sliced
75g yellow pepper, sliced
125g courgette, sliced
400g canned, chopped tomatoes
5ml (1/2 tsp) dried basil (see tip, page 56)
5ml (1/2 tsp) english mustard powder
salt and pepper to taste
600g par-boiled potato, sliced
125g double gloucester cheese, grated
3 eggs (medium)
150ml (1/4 pint) single cream

1 Mix all the ingredients together in a large bowl except for the potatoes, cheese, eggs and cream.
2 Place half of this mixture in the bottom of an oval glass dish (30cm x 21cm x 5cm). Layer half the potatoes on top and sprinkle with half the cheese.
3 Mix the eggs and cream together and pour half over the gratin.
4 Repeat with the remaining ingredients, top with the remaining cheese.
5 Place on the low rack and cook on DUAL CONVECTION, 220°C, 50% for 35 minutes.

STUFFED TOFU WITH SPICY TOMATO SAUCE

Serves 4

500g tofu, drained
100g mozzarella, thinly sliced
75g danish blue, thinly sliced
1 quantity Spicy Tomato Sauce (see page 93)

1 Cut tofu in half to make 4 pieces.
2 Slice each piece horizontally along one side to make a pocket. Fill each pocket with sliced cheese, place in a 2.5 litre (4 pint) casserole dish. Pour in sauce.
3 Place on turntable, cook on 50% for 25 minutes.

VEGETABLE GOULASH

Serves 4 - 6

225g red onion, sliced
30ml (2 tbsp) vegetable oil
25g plain flour
15ml (1 tbsp) tomato puree
2.5ml (1/4 tsp) cayenne
5ml (1 tsp) paprika
450ml (3/4 pint) hot vegetable stock
400g canned, chopped tomatoes
250g cauliflower, cut into florets
125g courgettes, sliced
100g broccoli, cut into florets
100g carrot, sliced
300g potato, cut into chunks
150g sweet potato, cut into chunks
50g sun-dried tomato cut into small pieces

1 Place the onion and oil into a 3.5 litre (approx. 6 pint) casserole dish and cook on 100% for 3 minutes.
2 Mix in the flour, puree, cayenne and paprika, gradually stir in the stock and tomatoes.
3 Stir in the remaining ingredients to the sauce.
4 Place on the low rack and cook on DUAL CONVECTION, 200°C, 70% for 30 minutes, stir three times during cooking.

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RECIPES

LENTIL BAKE

Serves 4 - 6

175g carrot, sliced
225g leek, sliced
100g celery, sliced
75g onion, chopped
3 cloves garlic, crushed (see tip, page 60)
225g dried red lentils
200g canned chickpeas, drained
200g canned flageolet beans, drained
400g canned chopped tomatoes
600ml (1 pint) hot vegetable stock
600g par-boiled potato, sliced
125g mature cheddar cheese, grated

1 Place all the ingredients except for the potatoes and cheese into a 3.5 litre (approx. 6 pint) casserole dish and mix well.
2 Cook on 70% for 30 minutes, stir twice during cooking.
3 Arrange the potatoes over the vegetable mixture, overlapping slightly. Sprinkle the cheese over the potatoes.
4 Place on the low rack and cook on DUAL CONVECTION, 220°C, 70% for 20 minutes.

VEGETABLE & QUORN KEBABS

Serves 4

3 medium courgettes, cut in 2.5cm (1") chunks
1 red pepper, cut in 2.5cm (1") pieces
1 yellow pepper, cut in 2.5cm (1") pieces
1 large aubergine, cut in 2.5cm (1") cubes
16 closed cap mushrooms
16 cherry tomatoes
225g quorn, cut in 2.5cm (1") cubes
MARINADE:
150ml (1/4 pint) olive oil
3 cloves garlic, crushed (see tip, page 60)
15ml (1 tbsp) worcestershire sauce
1.25ml (1/4 tsp) allspice
1.25ml (1/4 tsp) ground ginger
15ml (1 tbsp) fresh parsley, chopped
10ml (2 tsp) fresh dill, chopped
8 wooden skewers

1 Place vegetables and quorn in a large bowl, mix well.
2 To prepare the marinade, place all the ingredients in a bowl, mix well.
3 Pour the marinade over the vegetables and quorn, mix well. Leave to marinate for at least an hour, stir occasionally.
4 Thread the vegetables and quorn onto the skewers in a regular pattern. Leave no wood exposed, place 4 kebabs in a flan dish.
5 Place on low rack, cook on DUAL GRILL, 50% for 12 minutes. Turn over and rearrange the skewers every 4 minutes until the vegetables are tender and evenly brown. Repeat with remaining kebabs.

FLORET GRATIN

Serves 4 - 6

225g broccoli, cut into florets
375g cauliflower, cut into florets
50g margarine
50g plain flour
5ml (1 tsp) english mustard powder
600ml (1 pint) milk
225g mature cheddar cheese, grated
salt and pepper to taste

1 Place broccoli and cauliflower in a 2.5 litre (approx. 4 pint) casserole dish and put to one side.
2 Heat the margarine in a bowl on 100% for 30 seconds until melted. Add the flour and mustard to form a paste and gradually beat in the milk.
3 Cook on 100% for 6 minutes, beat twice during cooking until smooth and thick. Add the cheese (keep 50g to one side for the top) and seasoning and mix until smooth.
4 Pour the sauce over the broccoli and cauliflower. Place on the turntable and cook on 70% for 22 minutes, stirring 3 times during cooking.
5 Sprinkle with remaining cheese and place on the low rack.
6 Cook on DUAL GRILL, 70% for 6 - 8 minutes until golden brown.

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RECIPES

CAULIFLOWER BIRYANI WITH QUORN

Serves 4 - 6

15ml (1 tbsp) vegetable oil
10ml (2 tsp) mustard seeds
10ml (2 tsp) sesame seeds
200g white basmati rice
5ml (1 tsp) chilli powder
5ml (1 tsp) turmeric
5ml (1 tsp) ground coriander
5ml (1 tsp) garam masala
30ml (2 tbsp) water
400g cauliflower, cut into small florets
225g quorn mince
1/2 a red pepper, seeded and cut into strips
1/2 a green pepper, seeded and cut into strips
400g canned chopped tomatoes
600ml (1 pint) boiling water
150g natural yoghurt

1. Place oil, mustard and sesame seeds in a large bowl, heat on 100% for 1 minute. Add rice, mix well. Cook on 100% for 2 minutes.
2. In a separate bowl mix the chilli powder, turmeric, coriander and garam masala. Add water and mix to a paste. Stir the paste into the rice, add the cauliflower, quorn, red and green pepper, mix well. Cook on 100% for 2 - 3 minutes.
3. Add the canned tomatoes to the rice mixture, mix well.
4. Pour the boiling water into the rice mixture, mix well. Cook on 70% for 25 minutes, stir every 5 minutes.
5. Stir in yoghurt to serve.

Microwave Tip: Roasting peanuts
Place 50g peanuts in a shallow dish with a knob of butter and sprinkle with salt.
Cook on 100% for 3 minutes, stir every minute until golden.

POTATO & TOFU PASTIES

Serves 4 - 6

FILLING:
15ml (1 tbsp) olive oil
75g onion, finely chopped
1 clove garlic, crushed (see tip, page 60)
2.5ml (1/2 tsp) fresh ginger, peeled and grated
2.5ml (1/2 tsp) mustard powder
2.5ml (1/2 tsp) ground coriander
2.5ml (1/2 tsp) chilli powder
100g leeks, finely sliced
2 medium carrots, grated
250g tofu, drained and mashed
salt and pepper to taste
PASTRY:
275g mashed potato
25g margarine, melted
salt and pepper to taste
175g plain flour
100g gruyere cheese, grated
75 - 80ml milk
1 egg (medium), beaten, to glaze

1. To prepare filling, place oil, onion, garlic, ginger, mustard powder, coriander and chilli powder in a bowl, mix well. Cover and cook on 100% for 2 minutes.
   Add the cabbage, carrots, tofu, salt and pepper, mix well. Cook on 100% for 5 - 6 minutes.
2. To prepare pastry, place potato, margarine, salt and pepper in a bowl, mix well. Stir in the flour, cheese and enough milk to make a firm dough.
3. Divide dough into 6 equal sized pieces and roll into approx. 18cm (7") circles. Place equal amounts of mixture into the centre of each circle. Brush edges with a little beaten egg, then gather over the filling and pinch to make a raised ridge.
4. Place the pasties on two greased baking trays and brush with egg to glaze.
5. Place one tray on the lower shelf and the other on the upper shelf. Bake on CONVECTION 220°C for 35 minutes. Rotate the trays 180° after half the cooking time.

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RECIPES

VEGETABLE CHILLI

Serves 4 - 6

30ml (2 tbsp) olive oil
175g onion, chopped
2 cloves garlic, crushed (see tip, page 60)
75g tomato purée
225g carrot, chopped
1 red and 1 green pepper, seeded and sliced
150g baby sweetcorn, chopped
4 sticks celery, sliced
225g courgette, sliced
5ml (1 tsp) ground cumin
10ml (2 tsp) mild chilli powder
2.5ml (1/2 tsp) cayenne pepper
400g canned, chopped tomatoes
225g canned haricot beans, drained
400g canned red kidney beans in chilli sauce
300ml (1/2 pint) hot vegetable stock
15ml (1 tbsp) cornflour blended with water

1 Place the oil, onion, garlic and tomate purée in a large bowl, heat on 100% for 2 minutes.
2 Add the carrots, red and green pepper and sweetcorn, mix well. Cover and cook on 100% for 3 minutes.
3 Stir in the remaining ingredients (apart from the cornflour), mix well.
4 Cook on 70% for 20 minutes, stir 3 - 4 times during cooking.
5 Add the blended cornflour, mix well and cook on 100% for 5 minutes.

VEGETABLE QUICHE

Serves 4 - 6

300g shortcrust pastry
75g broccoli florets
75g red pepper, sliced
75g leeks, sliced
4 eggs (medium)
300ml (1/2 pint) milk
salt and pepper to taste
100g cheddar cheese, grated

1 Line a greased 25cm (10") flan dish with pastry.
2 Spread the vegetables evenly over the pastry base.
3 Place eggs, milk, and seasoning in a bowl, mix well.
4 Pour egg mixture over the filling and top with the cheese.
5 Place on the low rack and cook on DUAL CONVECTION, 220°C, 30% for 26 minutes.

SPINACH & MUSHROOM LASAGNE

Serves 4 - 6

75g margarine
225g mushroom, thickly sliced
1 vegetable stock cube, crumbled
900g creamed spinach
2.5ml (1/2 tsp) nutmeg
325g roulé (soft cheese)
salt and pepper to taste
12 pieces of lasagne
600ml (1 pint) cheese sauce (see page 92)
100g cheddar or parmesan cheese, grated

1 Place 50g of the margarine in a bowl, heat on 100% for 30 seconds. Add mushrooms and stock cube, mix well. Cook on 100% for 2 minutes.
2 Stir in spinach, remaining margarine, nutmeg, Roulé, seasoning and mushroom mixture.
3 Line the base of a deep, square 25cm (10") dish with a layer of lasagne, followed by a layer of spinach mixture, cheese sauce and another layer of lasagne. Layer until all ingredients have been used, ensuring the final layer is lasagne, with enough cheese sauce to cover the surface. Sprinkle generously with grated cheese.
4 Place on low rack, cook on DUAL CONVECTION, 220°C, 50% for 25 minutes.

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RECIPES

BEAN CASSEROLE

Serves 4 - 6

30ml (2 tbsp) olive oil
450g aubergine, cut in 2.5cm (1") cubes
225g leek, sliced
2 cloves garlic, crushed (see tip, page 60)
100g celery, sliced
3x 400g cans, chopped tomatoes
450g canned, mixed beans
3 vegetable stock cubes
5ml (1 tsp) basil
100g fresh baby sweetcorn, halved
salt and pepper to taste

1 Place the oil, aubergine, leeks, garlic and celery in a 3 litre (5 pint) casserole dish, mix well. Heat on 100% for 5 - 6 minutes, stir after 3 minutes.
2 Add the tomatoes, beans, crumbled stock cubes, basil and sweetcorn. Season and mix well.
3 Cover and cook on 70% for 25 minutes, stir 2 - 3 times during cooking.

Serve with rice or baked potatoes.

PESTO PIZZA

Serves 2 - 4

1 x 150g ready made pizza base (approx. 9")
100g green pesto sauce
100g mozzarella cheese, grated
handful of rocket
3 medium tomatoes, sliced

1 Preheat the oven to CONVECTION 250°C.
2 Place the pizza base in a 25cm (10") flan dish.
3 Spread the pesto evenly over the pizza base.
4 Sprinkle half the cheese onto the base, arrange the rocket and tomatoes on top then cover with the remaining cheese.
5 Place on the low rack and cook on DUAL CONVECTION, 250°C, 30% for 8 minutes.

CHICKEN & HAM BURGERS

Serves 4 - 6

BURGER:
25g margarine
25g plain flour
150ml (1/4 pint) milk
salt and pepper to taste
100g cooked chicken, finely chopped
100g cooked ham, finely chopped
50g mushroom, finely chopped
5ml (1 tsp) dried mixed herbs (see tip, page 56)
COATING:
Plain flour
1 egg (medium), beaten
100g golden breadcrumbs

1 Melt the margarine in a large bowl on 100% for 30 seconds.
2 Stir in the flour and seasoning, gradually whisk in the milk. Cook on 100% for 4 - 5 minutes until thick and smooth. Stir twice during cooking.
3 Add the cooked chicken, ham, mushrooms, and herbs to the sauce, stir well. Cover and refrigerate for 2 hours.
4 Preheat the oven to CONVECTION 230°C.
5 Divide the mixture into 4 equal portions and form into burger shapes with well-floured hands.
6 Dip the burgers in the beaten egg then into the golden breadcrumbs, turn over to coat evenly.
7 Place on a baking tray on the lower shelf.
8 Cook on CONVECTION 230°C for 18 minutes. Rotate the tray 180° after half the cooking time.

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RECIPES

PUSSY CAT PIZZA

Serves 4

2 x 150g ready made pizza bases (approx 9")
TOPPING:
60ml (4 tbsp) tomato relish
8 cherry tomatoes, sliced
175g mozzarella cheese, grated
2 salami snack sausages, sliced
1/2 green pepper, thinly sliced

Ideal for childrens' parties.

1 Cut out a cat face template approx. 10cm (4") in diameter with triangular ears.
2 Use the template to cut out 4 cat faces, 2 from each base. Place the 4 faces in two 25cm (10") flan dishes.
3 Spread tomato relish over the surface of each face. Cover with sliced tomato and sprinkle with Mozzarella cheese. Place three slices of salami on each face to make two eyes and a nose, use the sliced green pepper to make whiskers placing three slices on each side of the nose.
4 Place on the high rack, cook on DUAL GRILL, 10% for 10 minutes until golden. Repeat for the second dish.

DOUBLE CHOC CHIP COOKIES

Serves 6 - 8

175g margarine
100g caster sugar
225g self raising flour
50g milk chocolate drops
50g white chocolate drops

The biscuits will be soft when hot but will harden as they cool.

1 Cream margarine and sugar until light and fluffy. Stir in the flour and milk and white chocolate drops to make a soft but firm dough.
2 Divide mixture into 8 even sized balls, place apart on two greased baking trays and flatten slightly.
3 Place one tray on the upper shelf and the other on the lower shelf. Bake on CONVECTION 180°C for 25 minutes until golden brown around the edges. Rotate the trays 180° after half the cooking time.

BANANA CAKES

Makes 24 cakes

175g margarine
175g soft brown sugar
1 egg (medium), beaten
2 large bananas, mashed (see tip below)
275g self raising wholemeal flour
30ml (2 tbsp) natural yoghurt
icing sugar to dredge

1 Cream margarine and sugar until light and fluffy. Add the egg and banana, mix well.
2 Stir in the flour and yoghurt to make a soft dough.
3 Spoon equal amounts of the mixture into 24 bun cases.
4 Place the cases into 2 bun trays, place one tray on the upper shelf and the other on the lower shelf.
5 Cook on CONVECTION 180°C for 26 minutes. Rotate the trays 180° after half the cooking time.

Serve warm, dredged with icing sugar.

Microwave Tip: Softening bananas
Place two peeled bananas in a bowl. Heat on 100% for 30 seconds to 1 minute.

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RECIPES

CHEESE & ONION PIE

Serves 6

300g onion, chopped
125g red leicester cheese, grated
325g cheddar cheese, grated
2 eggs (medium)
45ml (3 tbsp) milk
salt and pepper to taste
525g shortcrust pastry
1 egg (medium), beaten, to glaze

1 Place the onion in a bowl and cook on 100% for 4 minutes, stir halfway through cooking.
2 Add the cheeses, egg, milk and seasoning, mix well. Set aside.
3 Roll out 300g of pastry large enough to line a greased 25cm (10") flan dish. Roll out 225g of pastry large enough to make a lid.
4 Preheat the oven to CONVECTION 220°C.
5 Pour the cheese mixture into the base and cover with the pastry lid. Crimp the edges and glaze with egg.
6 Place on the lower shelf and cook on CONVECTION 220°C for 30 minutes, rotate the dish 180° after half the cooking time.

CHICKEN & MUSHROOM QUICHE

Serves 4 - 6

300g shortcrust pastry
45ml (3 tbsp) barbecue sauce
100g mushroom, sliced
125g onion, finely chopped
300g cooked chicken, chopped
4 eggs (medium)
300ml (1/2 pint) milk
salt and pepper to taste

1 Line a greased 25cm (10") flan dish with pastry, spread the barbecue sauce over the pastry base.
2 Place the mushroom and onion in a bowl, cook on 100% for 2 minutes. Drain to remove excess liquid. Stir in the chicken to mix well.
3 Spread the chicken mixture evenly over the sauce.
4 Mix the eggs, milk and seasoning together in a bowl and pour over the filling.
5 Place on the low rack and cook on DUAL CONVECTION, 220°C, 30% for 30 minutes.

CHEESE & NUT BURGERS

Serves 2 - 4

BURGER:
100g cheddar cheese, grated
75g cooked chestnut, finely chopped
100g wholemeal breadcrumbs (see tip, page 90)
50g onion, finely chopped
50g carrot, grated
50g leek, finely chopped
5ml (1 tsp) curry powder
salt and pepper to taste
1 egg (medium), beaten
COATING:
75g cooked chestnut, finely chopped
50g wholemeal breadcrumbs (see tip, page 90)
wholemeal flour
1 egg (medium), beaten

1 To make the burgers, place the cheese, chestnut, breadcrumb, onion, carrot and leek in a large bowl, stir to mix well.
2 Add the curry powder, seasoning and egg, stir well to bind the mixture.
3 Cover and refrigerate for 2 hours.
4 Preheat the oven to CONVECTION 230°C.
5 Divide the mixture into 4 equal portions and form into burger shapes with well-floured hands.
6 Mix chestnut and breadcrumbs together.
7 To coat the burgers, dip each burger first into the wholemeal flour, then beaten egg and finally the nut and breadcrumb mixture.
8 Place the burgers on a baking tray and place on the lower shelf.
9 Cook on CONVECTION 230°C for 23 minutes. Rotate the tray 180° after half the cooking time.

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RECIPES

SPANISH OMELETTE

Serves 4 - 6

15ml (1 tbsp) olive oil
6 spring onions, sliced
1 small red pepper, seeded and sliced
1 small green pepper, seeded and sliced
175g potato, cooked and sliced
5 eggs (medium), beaten
salt and pepper to taste
75g cheddar cheese, grated
15ml (1 tbsp) fresh parsley, chopped

1 Place the oil in a 25cm (10") flan dish together with the spring onion, red and green pepper, mix well. Cook on 100% for 3 - 4 minutes until tender.
2 Add the potato, ensuring the mixture is evenly distributed over the base of the flan dish, pour in the beaten egg. Season with salt and pepper, sprinkle with cheese and parsley.
3 Place on low rack, cook on DUAL GRILL, 50% for 10 - 12 minutes until evenly brown and crispy.

CHEESY JACKETS

Serves 4

2 baking potatoes (approx. 250g each)
100g cooked ham, chopped
200g double gloucester cheese, grated
15ml (1 tbsp) chives, chopped
100g mushroom, finely chopped
salt and pepper to season

1 Pierce each potato in several places. Place on turntable and bake on DUAL CONVECTION, 250°C, 70% for 16 minutes until brown and crispy.
2 Halve each potato and scoop the flesh into a bowl, add the ham, cheese, chives and mushroom, mix well. Season. Pile the mixture back into the potato skins.
3 Place the filled potatoes in a flan dish on the high rack. Cook on DUAL GRILL, 50% for 7 - 8 minutes until brown and crispy.

CHEESE & SWEETCORN: Omit the double gloucester cheese, chives and mushrooms. Add 200g of grated cheddar cheese and 100g sweet corn kernels at Stage 2.

HAM & STILTON TART

Serves 4 - 6

PASTRY:
225g self raising flour
100g shredded suet
150ml (1/4 pint) water
FILLING:
25g margarine
6 spring onions, sliced
125g mushroom, sliced
25g plain flour
120ml (8 tbsp) hot chicken stock
142ml (5 fl.oz) single cream
10ml (2 tbsp) whole grain mustard
250g cooked ham, chopped
125g stilton cheese, crumbled
75g mature cheddar cheese, grated
1 egg (medium)

1 Sift the flour and salt into a large mixing bowl and stir in the suet.
2 Gradually mix in 150ml water until a soft dough is formed. Knead lightly, roll out a base large enough to fit a 20cm (8") flan dish.
3 Grease the flan dish and line with the pastry base, set aside whilst preparing the filling.
4 Place the margarine, onion and mushroom in a bowl, cook on 100% for 3 minutes. Stir in the flour to form a paste.
5 Gradually stir in the stock, cream and mustard.
6 Cook on 100% for 3 minutes, then stir in the ham, cheeses and egg.
7 Preheat the oven to CONVECTION 220°C.
8 Pour the filling into the pastry base.
9 Place on the low rack and cook on DUAL CONVECTION, 220°C, 10% for 25 minutes.

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RECIPES

HAWAIIAN BARBECUE PIZZA

Serves 4

1 x 150g ready made pizza base (approx. 9")
50g barbecue sauce
100g mozzarella cheese, grated
100g cooked chicken, chopped
100g pineapple chunks
50g green pepper, sliced
50g red onion, sliced

1 Preheat the oven to CONVECTION 250°C.
2 Place the pizza base in a 25cm (10") flan dish. Spread the barbecue sauce over the base and sprinkle with half the cheese.
3 Arrange the chicken, pineapple, pepper and onion on top then sprinkle with the remaining cheese.
4 Place on the low rack and cook on DUAL CONVECTION, 250°C, 30% for 10 minutes.

QUICHE LORRAINE

Serves 4 - 6

300g short crust pastry
6 rashers of bacon, chopped
225g onion, finely chopped
4 eggs (medium)
300ml (1/2 pint) milk
salt and pepper to taste
100g cheddar cheese, grated

1 Grease and line a 25cm (10") flan dish with pastry.
2 Place bacon and onion in a bowl, cook on 100% for 4 minutes.
3 Place eggs, milk, seasoning in a bowl, mix well.
4 Spread bacon and onion evenly over the pastry. Pour egg mixture over and top with grated cheese.
5 Place on the low rack and cook on DUAL CONVECTION, 220°C, 30% for 25 - 30 minutes.

STILTON & MUSHROOM QUICHE: Replace bacon with 125g sliced mushroom and cheddar with stilton.

CHEESE & POTATO LAYER

Serves 4

125g onion, sliced
300g leek, sliced
125g cooked ham, chopped
600g par-boiled potatoes, thinly sliced
600ml (1 pint) white sauce (see page 92)
250g cheddar cheese, grated

1 Mix the onions, leeks and ham in bowl.
2 Place half the leek mixture in a 2.5 litre (approx. 4 pint) casserole dish cover with half the potato slices, pour over half the sauce and sprinkle with half the cheese. Repeat with the remaining ingredients.
3 Place on the low rack and cook on DUAL CONVECTION, 220°C, 70% for 20 minutes.

YORKSHIRE PUDDING

Makes 8 puddings

100g plain flour
pinch of salt
175ml milk
1 egg (medium)
8 x 5ml (1 tsp) vegetable oil

1 Place the flour and salt into a bowl and make a well. Add enough milk to make a thick paste. Add the remaining milk and egg and whisk. Leave to stand for approx. 15 minutes.
2 Place 5ml (1 tsp) of oil into 8 Yorkshire pudding moulds, place one tray on the low rack and the other on the high rack.
3 Preheat the oven and trays to 220°C.
4 Remove trays and pour equal amounts of batter into the moulds and cook on CONVECTION 220°C for 20 minutes.

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RECIPES

BLUE CHEESE PASTA

Serves 4

225g dried pasta, e.g. farfalle (pasta bows)
600ml (1 pint) boiling water
50g pine nuts
1 quantity of blue cheese sauce (see page 93)
15ml (1 tbsp) fresh parsley, chopped to garnish

1 Place pasta in a large bowl, add boiling water, cook on 70% for 12 - 14 minutes until tender, drain.
2 Add the pinenuts, mix well. Place in a warm serving dish and cover with sauce.

Serve hot garnished with parsley.

CANNELLONI

Serves 4

125g onion, chopped
2 cloves garlic, crushed (see tip, page 60)
450g lean minced beef
100g mushroom, chopped
15ml (1 tbsp) tomato purée
400g canned chopped tomato
150ml (1/4 pint) hot beef stock
salt and pepper to taste
11 dried cannelloni tubes
300ml (1/2 pint) cheese sauce (see page 92)
50g grated cheese, to sprinkle
15ml (1 tbsp) fresh oregano, chopped to garnish

1 Place onion and garlic in a bowl, heat on 100% for 2 minutes. Add the mince, cook on 100% for 5 minutes, stir halfway through cooking.
2 Add mushroom, purée, tomato, stock and seasoning. Cook on 70% for 25 minutes until thickened, stir 2 - 3 times during cooking.
3 Fill cannelloni tubes with the meat mixture and place in a deep, 20cm (8") square dish.
Place remaining meat mixture around the cannelloni
4 Pour the cheese sauce on top of the filled cannelloni. Sprinkle with cheese and oregano.
5 Place on low rack, cook on DUAL CONVECTION, 220°C, 70% for 20 minutes until brown and crispy.

MACARONI CHEESE

Serves 4 - 6

200g dried macaroni
600ml (1 pint) boiling water
4 rashers bacon, chopped
50g margarine
50g plain flour
5ml (1 tsp) english mustard powder
600ml (1 pint) milk
175g mature cheddar cheese, grated
salt and pepper to taste
2 medium tomatoes, sliced
50g mature cheddar cheese, grated

1 Place the macaroni in a 2.5 litre (approx. 4 pint) casserole dish and add boiling water. Cook on 70% for 11 - 12 minutes until tender, stir twice during cooking. Drain and return to dish.
2 Cook the bacon in a small bowl on 100% for 2 minutes and stir into the macaroni.
3 Heat the margarine in a bowl on 100% for 30 seconds until melted, beat in the flour and mustard to form a paste then gradually stir in the milk.
4 Cook on 100% for 6 minutes, stir twice during cooking, until smooth and thick. Add the cheese, and seasoning, mix well.
5 Stir the sauce into the macaroni and mix well. Place on the turntable and cook on 70% for 5minutes.
6 Remove dish from the oven, stir well and place the tomato slices on top followed by the grated cheese.
7 Place on the low rack and cook on GRILL for 10 minutes until golden brown.

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RECIPES

TUNA PASTA BAKE

Serves 4

225g aubergine, cubed
225g canned tuna, drained
15ml (1 tbsp) olive oil
5ml (1 tsp) basil
225g fresh spinach fusilli (pasta twists)
600ml (1 pint) boiling water
300ml (1/2 pint) cheese sauce (see page 92)
100g cheddar cheese, grated

1 Place aubergine cubes, tuna, oil and herbs in a bowl, mix well. Cook on 100% for 3 minutes.
2 Pour the cheese sauce into the tuna mixture and add the pasta, mix well.
3 Place in a 2.5 litre (4 pint) casserole dish and cover with grated cheese. Place on low rack and cook on DUAL CONVECTION, 220°C, 70% for 15 minutes.

JAMBALAYA

Serves 4 - 6

225g chorizo sausage, thickly sliced
250g cooked chicken, cubed
225g onion, thickly sliced
225g dried white, long grain rice
30ml (2 tbsp) vegetable oil
900ml (1 1/2 pint) hot vegetable stock
400g canned, chopped tomatoes
5ml (1 tsp) cayenne pepper
5ml (1 tsp) cumin
5ml (1 tsp) paprika
5ml (1 tsp) tabasco sauce
1 red pepper, cut into chunks
1 green pepper, cut into chunks
150g canned sweetcorn, drained
100g frozen peas
250g prawns, cooked and peeled

1 Place the sausage, chicken, onion, rice and oil into a 3.5 litre (approx. 6 pint) casserole dish, mix well
2 Cook on 100% for 4 minutes stirring halfway through cooking.
3 Add the stock, tomatoes, spices and tobasco sauce, mix thoroughly.
4 Place on the low rack and cook on DUAL CONVECTION, 200°C, 70% for 15 minutes, stir halfway through cooking.
5 Stir in the peppers, sweetcorn, peas and prawns.
6 Place on the low rack and cook on DUAL CONVECTION, 200°C, 70% for 10 minutes, stir halfway through cooking.

TORTELLINI WITH COURGETTES

Serves 4

225g dried tortellini (cheese or meat)
600ml (1 pint) boiling water
30ml (2 tbsp) olive oil
450g courgette, sliced
400g canned, chopped tomatoes
2 cloves garlic, crushed (see tip, page 60)
salt and pepper to taste
15ml (1 tbsp) fresh basil, chopped
50g parmesan cheese, grated

1 Place Tortellini in a large bowl, add boiling water. Cook on 70% for 10 - 12 minutes until tender. Drain.
2 Place oil in a separate bowl, stir in courgette and garlic. Cook on 100% for 4 minutes, stir twice.
3 Add tomatoes and basil, mix well. Season. Cook on 100% for 3 minutes.
4 Stir courgette mixture into pasta. Heat on 70% for 5 minutes. Sprinkle with cheese to serve.

RECIPES

BEEF RISOTTO

Serves 4

30ml (2 tbsp) olive oil
125g onion, finely chopped
1 stick celery, finely sliced
1 green pepper, seeded and sliced
1 red pepper, seeded and sliced
225g beef fillet, thinly sliced into 5cm (2") strips
2.5ml (1/2 tsp) cayenne pepper
5ml (1 tsp) ground cumin
grated rind of 1 lemon
75g sweetcorn
225g dried white, long grain rice
600ml (1 pint) hot beef stock
salt and pepper to taste

1 Place the oil, onion, celery, red and green pepper in a large bowl, mix well. Heat on 100% for 2 minutes. Stir in the beef and cook on 100% for 5 - 6 minutes, stir halfway through cooking.
2 Stir in the remaining ingredients and cook on 70% for 20 minutes until the rice is tender and all the beef stock has been absorbed, stir 2 - 3 times during cooking.

VEGETABLE RICE GRATIN

Serves 4

150g cauliflower, cut into small florets
225g red onion, sliced
200g carrot, sliced
150g celery, sliced
15ml (1 tbsp) vegetable oil
225g dried white, long grain rice
900ml (1 1/2 pints) hot vegetable stock
150g broccoli, cut into small florets
300ml (1/2 pint) cheese sauce
75g mature cheddar cheese, grated

1 Place the cauliflower, onion, carrot, celery and oil in a 3.5 litre (approx. 6 pint) casserole dish and cook on 100% for 3 minutes.
2 Add the rice and stock, stir well, place on the low rack.
3 Cook on DUAL CONVECTION, 200°C, 70% for 15 minutes, stir once during cooking.
4 Stir in the broccoli and cook on DUAL CONVECTION, 200°C, 70% for a further 5 minutes.
5 Pour the cheese sauce over the rice mixture. **Do not stir**Sprinkle the cheese on top.
6 Place on the low rack and cook on DUAL GRILL, 10% for 10 minutes.

FETTUCCINE CARBONARA

Serves 4

225g dried fettuccine
600ml (1 pint) boiling water
225g button mushroom, halved
75g onion, finely chopped
4 rashers bacon, chopped
25g margarine
300ml (1/2 pint) single cream
1 egg (medium), beaten
15ml (1 tbsp) fresh oregano, chopped
salt and pepper to taste

1 Place the Fettuccine in a large bowl. Add the boiling water and cook on 70% for 10 - 12 minutes until the pasta is tender, drain.
2 Place the mushroom, onion, bacon and margarine in a bowl. Cook on 100% for 5 minutes. Stir well.
3 Beat the cream, egg and oregano together, add the mushroom mixture and season with salt and pepper.
4 Pour the sauce over the fettuccine, mix together, and heat on 100% for 5 minutes, stir twice during cooking.

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RECIPES

ROASTED VEGETABLES

Serves 4

1 red pepper, sliced
1 green pepper, sliced
1 yellow pepper, sliced
1 parsnip, sliced
75g red onion, chopped
175g courgette, sliced
125g carrot, sliced
125g asparagus, cut into 3cm lengths
60ml (4 tbsp) extra virgin olive oil
10ml (2 tsp) all purpose seasoning
5ml (1 tsp) Italian seasoning

1 Preheat the oven to CONVECTION 230°C.
2 Place all the ingredients in a large bowl, mix thoroughly.
3 Divide the vegetables equally between two baking trays.
4 Place one tray on the lower shelf and one tray on the upper shelf.
5 Cook on CONVECTION 230°C for 30 minutes. Rotate the trays 180° after half the cooking time.

PARMESAN POTATOES

Serves 4 - 6

900g red skinned potato, unpeeled & washed
150g red onion, coarsely chopped
50g vegetable oil
30ml (2 tbsp) fresh rosemary, chopped
4 cloves garlic, finely chopped (see tip, page 60)
salt & pepper to taste
50g parmesan cheese freshly grated or shredded

1 Preheat the oven to CONVECTION 250°C.
2 Cut the potato into approx. 3cm pieces. Put the potato, onion, oil, rosemary, garlic, salt and pepper in a large bowl and stir to coat.
3 Turn out into a greased 25cm (10") flan dish and arrange in a single layer.
4 Place on the low rack and cook on DUAL CONVECTION, 250°C, 30% for 25 minutes.
5 Turn the potatoes over and sprinkle with the cheese.
6 Return to the oven and cook on DUAL CONVECTION, 250°C, 30% for a further 10 minutes.

STUFFED TOMATOES

Serves 4

4 beef tomatoes
125g dried white, long grain rice, cooked
50g cooked ham, chopped
50g peas
15ml (1 tbsp) fresh oregano, chopped
salt and pepper to taste
75g mozzarella cheese, chopped
15ml (1 tbsp) fresh oregano, chopped to garnish

1 Slice the top off each tomato and scoop out the flesh into a bowl, stir in the rice, ham, peas, oregano, salt and pepper.
2 Fill each tomato shell with the rice mixture and place in a large flan dish. Sprinkle generously with the mozzarella cheese and oregano.
3 Place the on the low rack, cook on DUAL GRILL, 50% for 10 minutes until the tomatoes are tender and the cheese is brown and crispy.

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RECIPES

VEGETABLE LAYERED LOAF

Serves 4 - 6

450g potato, grated
125g cheddar cheese, grated
75g fresh wholemeal breadcrumbs
150g courgette, sliced
100g carrot, grated
100g celery, sliced
2 eggs (medium), beaten
150ml (1/4 pint) milk
100g courgette, sliced
75g cheddar cheese, grated to sprinkle

1 Combine the potato, cheese and breadcrumbs in a bowl. (Ensure all of the water is squeezed out of the grated potato.)
2 Line the base of a greased 1.5 litre loaf dish with half of the potato mixture. Place a layer of courgettes on top of the mixture, followed by a layer of carrot, then a layer of celery. Add the remaining potato mixture and pour over the egg and milk. Finally, arrange slices of courgette over the top and sprinkle with cheese.
3 Place on the low rack and bake on DUAL CONVECTION, 190°C, 50% for 25 minutes.

SWEET & SOUR VEGETABLES

Serves 4

15ml (1 tbsp) sunflower oil
1 clove garlic, crushed (see tip, page 60)
2 medium carrots, cut into strips
150g baby sweetcorn
100g button mushroom, halved
100g beansprout
100g mange-tout
1 red pepper, seeded and sliced
1 yellow pepper, seeded and sliced
6 spring onions, chopped
100g canned water chestnuts, sliced
2 sticks celery, sliced
225g canned pineapple chunks
300g cabbage, shredded
1 quantity of sweet & sour sauce (see page 93)

1 Place the oil, garlic, carrot and sweetcorn in a large bowl and mix well. Cover and cook on 100% for 4 - 5 minutes.
2 Stir in the mushroom, beansprout, mange-tout, red and yellow pepper, spring onion, chestnuts, celery, pineapple and cabbage.
3 Cover and cook on 100% for 4 minutes until the vegetables are tender.
4 Add sweet and sour sauce, stir and cook on 100% for 4 minutes.

SPICY POTATOES

Serves 4 - 6

100g vegetable oil
5ml (1 tsp) paprika
5ml (1 tsp) english mustard powder
5ml (1 tsp) ground cumin
10ml (2 tsp) fennel seeds
2 garlic cloves, finely chopped
15ml (1 tbsp) ginger purée
salt and pepper to taste
900g potato unpeeled and washed, cut into approx. 3cm pieces

1 Preheat the oven to CONVECTION 250°C.
2 Place the oil, paprika, mustard, cumin, fennel seeds, garlic, ginger and seasoning in a bowl and mix well. Add the potato, stir to coat with the spices.
3 Turn out into a 25cm (10") flan dish and arrange in a single layer.
4 Place on the low rack and cook on DUAL CONVECTION, 250°C, 30% for 35 minutes.

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RECIPES

VEGETABLE CASSEROLE& DUMPLINGS

Serves 6 - 8

45ml (3 tbsp) vegetable oil
450g carrot, sliced
450g swede, diced
350g celery, sliced
225g onion, sliced
100g parsnip, sliced
100g leek, sliced
150g pearl barley
100g butternut squash
100g turnip
1200ml (2 pints) hot vegetable stock
DUMPLINGS:
150g self raising flour
5ml (1 tsp) mustard powder
35g margarine
30ml (2 tbsp) parmesan cheese, grated
30ml (2 tbsp) parsley, chopped
75ml (3 fl.oz) milk

1 Place the oil, carrot, swede, celery and onion in a 3.5 litre (approx. 6 pint) casserole dish, mix well and cook on 100% for 5 minutes.
2 Add remaining ingredients, mix well.
3 Cook on 70% for 45 minutes, stirring every 15 minutes.
4 To prepare the dumplings, mix the flour and mustard in a bowl, rub in the margarine and stir in the parmesan and parsley. Add the milk to form a firm dough.
5 Divide dough into 8 equal sized pieces and roll into balls.
6 Add dumplings to the casserole after 30 minutes of cooking.
7 Turn the dumplings over after 10 minutes of cooking.

Microwave Tip: Improving smells in the oven
Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100% for 10 - 12 minutes. Wipe the oven using a dry cloth.

VEGETABLE PIZZA

Serves 4

1 x 150g ready made pizza base (approx. 9")
tomato pizza topping, to cover base
75g courgette, sliced
50g aubergine, diced
50g baby sweetcorn, sliced
25g broccoli florets
50g yellow pepper, sliced
100g mozzarella cheese, grated

1 Place the pizza base in a 25cm (10") flan dish.
2 Spread the pizza topping over the base.
3 Preheat the oven to CONVECTION 250°C.
4 Arrange the vegetables over the topping, then sprinkle with the cheese.
5 Place on the low rack and cook on DUAL CONVECTION, 250°C, 30% for 10 minutes.

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RECIPES

FRUIT TART

Serves 8 - 10

BASE:
150g margarine
100g caster sugar
50g light brown sugar
1 egg (medium)
2.5ml (1/2 tsp) vanilla essence
300g plain flour
10g baking powder
FILLING:
1 ripe banana, mashed
225g cream cheese, softened (see tip, page 82)
50g caster sugar
45ml (3 tbsp) orange juice
TOPPING:
75g fresh blueberry
150g sliced strawberry
2 kiwis, peeled and sliced
45ml (3 tbsp) apricot jam

1 Preheat the oven to CONVECTION 180°C.
2 To prepare the base, cream together the margarine and sugars. Stir in the egg and vanilla essence, then mix in the flour and baking powder.
3 Press the dough evenly into a greased 25cm (10") flan dish.
4 Place on the lower shelf and cook on CONVECTION 180°C for 16 minutes. Rotate the dish 180° after half the cooking time.
5 Leave the base to cool before adding the filling.
6 To prepare the filling, in a bowl mix the banana, cream cheese, sugar and orange juice until smooth. Spread on top of the cooled base.
7 Arrange the fruit on top of the filling. Place the jam in a small dish and heat on 100% for 30 seconds - 1 minute, until melted. Drizzle or brush over the fruit to glaze.

Microwave Tip: Softening avocados
Pierce an unpeeled avocado in several places.
Place on the turntable and heat on 100% for 1 minute. Allow to cool before peeling.

BAKED CHEESECAKE

Serves 6 - 8

BASE:
50g margarine
15ml (1 tbsp) golden syrup
225g ginger or digestive biscuits, crushed
FILLING:
50g margarine
50g caster sugar
45ml (3 tbsp) clear honey (see tip, page 87)
2 eggs (medium), beaten
450g cream cheese (see tip, page 82)
45ml (3 tbsp) milk
150ml (1/4 pint) single cream
15ml (1 tbsp) cornflour
5ml (1 tsp) vanilla essence
TO DECORATE:
Slices of fresh fruit,
e.g. strawberry, kiwi fruit

1 To prepare the base, place the margarine and syrup in a bowl, heat on 70% for 2 minutes. Add the crushed biscuits, mix well. Spread the mixture evenly over the base of a greased 25cm (10") flan dish. Set aside.
2 To prepare the filling, beat the margarine, sugar, honey, eggs and cream cheese together until smooth. Mix in the milk, cream, cornflour and vanilla essence.
3 Pour the mixture into the biscuit base and spread evenly.
4 Place on the low rack and cook on DUAL CONVECTION 160°C, 10% for 35 minutes.
5 Leave to cool in the refrigerator for 3 - 4 hours or overnight.
6 Decorate with fresh fruit to serve

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RECIPES

RICE PUDDING

Serves 4

1500ml (2½ pints) milk
200g pudding rice
75g caster sugar
50g margarine
5ml (1 tsp) ground nutmeg (optional)

1. Place the milk in a 2.5 litre (approx. 4 pint) casserole dish. Heat on 100% for 8 minutes. Stir in the rice, sugar and margarine, heat on 100% for 5 minutes.
2. Place on the low rack, cook on DUAL CONVECTION, 180°C, 30% for 45 - 50 minutes. Stir 3 times during cooking and again at the end of cooking.
3. Sprinkle with ground nutmeg to serve.

EGG CUSTARD

Serves 6 - 8

BASE:
300g plain flour
100g caster sugar
150g margarine
1 egg (medium), beaten
15ml (1 tbsp) milk
FILLING:
900ml (1½ pints) milk
175g caster sugar
8 eggs (medium)
10ml (2 tsp) nutmeg, grated

1. To prepare the base, combine the flour and sugar in a large bowl.
2. Add the margarine and rub in until the mixture resembles fine breadcrumbs.
3. Mix the egg and milk together and pour into the flour, mix to form a soft dough.
4. Roll out on a floured surface until large enough to cover the base of a greased, deep, 24cm square glass dish.
5. To prepare the filling, pour the milk into a bowl and warm on 100% for 3 minutes.
6. Whisk in the sugar and eggs then strain the mixture into the pastry base. Sprinkle with nutmeg.
7. Place on the low rack and cook on DUAL CONVECTION, 180°C, 30% for 35 minutes.

JAM ROLY POLY

Serves 4 - 6

225g self raising flour
100g shredded suet
150ml (¼ pint) hot water
175g strawberry jam
1 egg, beaten to glaze

1. Combine flour and suet with enough hot water to form a soft dough.
2. Roll out to give a rectangle 23cm x 40cm, approximately 6mm (¼") thick.
3. Spread jam evenly over the surface and roll up lengthways, place seam side down in a greased 0.75 litre (1¼ pint) loaf dish. Glaze with the egg.
4. Place on the low rack and bake on DUAL CONVECTION, 200°C, 30% for 15 minutes until firm to the touch.

Serve with custard, see tip, page 79.

Microwave Tip: Ripening cheese
Place 100g cheese (e.g. Camembert or Brie) on a plate and heat on 50% for 20 - 30 seconds.

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RECIPES

COFFEE & CHOCOLATE TORTE

Serves 6 - 8

50g margarine
150g brown sugar
15ml (1 tbsp) instant coffee powder
3 eggs (medium)
300g milk chocolate, broken in pieces
25g plain flour
100g chopped pecan nuts
225g shortcrust pastry
7.5ml (1 1/2 tsp) rum extract
284ml whipping cream, whipped

1 In a large bowl, beat together the margarine, sugar and coffee until blended. Gradually add the eggs, beating well after each addition.
2 Place the chocolate in a small bowl and heat on 50% for 2 to 3 minutes until melted, stir 2 - 3 times.
3 Mix the chocolate, flour and pecan nuts into the coffee mixture until smooth.
4 Line a greased 20cm (8") flan dish with the pastry, spoon the filling into the pastry base.
5 Place on the low rack and cook on DUAL CONVECTION, 180°C, 30% for 20 minutes.
6 Fold the rum extract into the whipped cream and serve with the Torte.

RASPBERRY, APPLE & ALMOND CRUMBLE

Serves 4 - 6

FILLING:
225g raspberry, fresh or frozen
2 eating apples, peeled and thinly sliced
50g brown sugar
15ml (1 tbsp) Crème de Cassis (optional)
CRUMBLE:
75g margarine
125g plain flour
100g ground almonds
75g caster sugar
50g toasted flaked almonds, to decorate

1 Place raspberry, apple, sugar and crème de cassis in a 1.5 litre (2 1/2 pint) casserole dish, mix well.
2 Heat on 100% for 8 minutes, stir every minute. Put to one side whilst preparing crumble.
3 Rub the margarine into the flour until mixture resembles fine breadcrumbs, stir in the ground almonds and caster sugar.
4 Spoon the crumble evenly on top of the fruit.
5 Place on the low rack, cook on DUAL GRILL, 30% for 6 - 8 minutes.

Top with toasted flaked almonds to serve.

BREAD & BUTTER PUDDING

Serves 4

450ml (3/4 pint) milk
150ml (1/4 pint) double cream
6 eggs (medium), beaten
100g demerara sugar
2.5ml (1/2 tsp) grated nutmeg
175g mixed dried fruit
50g walnut, chopped
325g thick white sliced bread, buttered
25g demerara sugar to sprinkle

1 Mix milk, cream, eggs, sugar and nutmeg in a bowl.
2 In a separate bowl mix the dried fruit and walnut.
3 Preheat the oven to CONVECTION 200°C.
4 Place a layer of bread, buttered side up on the bottom of a greased 2.5 litre (approx. 4 pint) casserole dish. Sprinkle with the dried fruit mixture and add a little of the milk mixture. Repeat this process for the remaining ingredients, finishing with a layer of bread and reserving enough milk mixture to cover.
Sprinkle with demerara sugar.
4 Place on the low rack, bake on DUAL CONVECTION, 200°C, 30% for 30 minutes until set, golden brown and crispy.

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RECIPES

LEMON MERINGUE PIE

Serves 4 - 6

225g shortcrust pastry
FILLING:
1 x 325g jar lemon curd
MERINGUE:
4 egg whites (medium)
225g caster sugar

1 Preheat the oven to CONVECTION 200°C.
2 Line a greased 25cm (10") flan dish with the pastry. Place on the lower shelf, bake on CONVECTION 200°C for 15 minutes until golden. Rotate dish after half the cooking time. Allow to cool.
3 Spoon the lemon curd into the pastry case and spread evenly.
4 Preheat the oven to CONVECTION 180°C.
5 To prepare meringue, whisk egg whites until stiff. Fold in sugar, a little at a time, using a metal spoon.
6 Spread the meringue evenly over the top of the lemon filling forming small peaks all over.
7 Place on the lower shelf, bake on CONVECTION 180°C for 20 minutes.
Rotate dish 180° after half the cooking time.

Microwave Tip: Softening ice-cream
Place a 1 litre (1 3/4 pint) tub of frozen ice-cream on the turntable (lid removed).
Heat on 50% for 1 1/2 - 2 minutes.

Microwave Tip: Making 300ml (1/2 pint) custard
Combine 15ml (1 tbsp) custard powder, 15ml (1 tbsp) sugar and 300ml (1/2 pint) milk.
Cook on 100% for 3 - 4 minutes, stir every minute until thick.

FIGGY PUDDING

Serves 6

125g dried fig, roughly chopped
125g dried apricot, roughly chopped
100g raisin
100g currant
60ml (4 tbsp) brandy
75g self raising flour
2.5ml (1/2 tsp) allspice
2.5ml (1/2 tsp) grated nutmeg
2.5ml (1/2 tsp) ground cinnamon
50g fresh breadcrumbs
75g shredded suet
100g soft brown sugar
50g blanched almond, roughly chopped
grated rind of 1 medium orange
grated rind of 1 medium lemon
1 eating apple, grated
30ml (2 tbsp) black treacle
1 egg (medium), beaten

1 Place fig, apricot, raisin, currant, and brandy in a large bowl, mix well. Leave for 2 hours.
2 Place the flour, spices, breadcrumbs, suet, sugar, almond, orange and lemon rind and apple in a bowl, mix well. Stir into the dried fruit mixture along with the treacle and beaten egg.
3 Grease 1.2 litre (2 pint) pudding basin and line the base with a circle of grease proof paper. Spoon in the pudding mixture, smooth the surface and cover with cling film and pierce.
4 Cook on 50% for 18 minutes until firm to the touch.

Microwave Tip: Reheating Christmas pudding
Place a 500g pudding in a shallow flan dish.
Cover and heat on 70% for 3 - 4 minutes.

RECIPES

APPLE PIE

Serves 6

PASTRY:
150g butter
350g plain flour
50g sugar
2 egg yolks (medium)
cold water to mix
FILLING:
1kg cooking apple, peeled & sliced
100g demerara sugar
10ml (2 tsp) ground cinnamon
grated rind of 1 orange (optional)
1 egg (medium) mixed with a little milk to glaze
demerara sugar, to decorate

1 For pastry, rub butter into flour until the mixture resembles breadcrumbs. Stir in sugar and bind with egg yolk. Add enough cold water to make a soft but not sticky dough. Chill whilst making the filling.
2 For filling, combine apple, sugar, cinnamon and orange rind (if using) in a large bowl.
Cook on 100% for 8 minutes, stir twice.
3 Line the base of a greased, 20 x 2.5cm (8" x 1") pie dish with half the pastry. Spoon in apple mixture, roll out remaining pastry and cover.
4 Pinch pastry edges to seal and make a slit in the centre with a sharp knife. Brush with egg mixture to glaze and sprinkle generously with sugar.
5 Place on the lower shelf, bake on CONVECTION 230°C for 25 minutes until golden.
Rotate the dish 180° after half the cooking time.

PEAR & PRALINE PIE

Serves 6 - 8

500g shortcrust pastry
FILLING:
100g caster sugar
50g plain flour
5ml (1 tsp) ground cinnamon
900g canned pear, sliced
15ml (1 tbsp) margarine
TOPPING:
100g margarine
150g brown sugar
5ml (1 tsp) ground cinnamon
45ml (3 tbsp) single cream
100g pecan nuts

1 Roll out 300g of pastry large enough to line the base of a greased 25cm (10") flan dish. Roll out 200g of pastry large enough to make a lid.
2 Preheat the oven to CONVECTION 230°C.
3 In a large bowl, combine the caster sugar, flour and cinnamon. Add the pear slices and toss gently to coat.
4 Turn the pear mixture into the pastry case, cover with the pastry lid and crimp the edges. Do not glaze.
5 Place on the low rack and cook on DUAL CONVECTION, 230°C, 10% for 25 minutes.
6 When the pie is cooked leave to cool slightly whilst making the topping.
7 In a medium bowl add the margarine, brown sugar, cinnamon and cream. Cook on 70% for 5 minutes, stir twice.
8 Beat the topping for approximately 1 minute until just warm, then pour over the pie. Sprinkle pecan nuts over the topping, leave to cool before serving.

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RECIPES

BROWNIE PIZZA

Serves 12

BASE:
175g margarine
175g caster sugar
5ml (1 tsp) vanilla essence
3 eggs (medium), beaten
75g plain flour
50g cocoa powder
2.5ml (1/4 tsp) baking powder
50g walnut, chopped
100g milk chocolate drops
TOPPING:
200g white chocolate, finely chopped
fudge pieces, finely chopped

1 Mix the margarine, sugar, essence and eggs together until smooth.
2 Stir in the remaining ingredients except for the chocolate drops.
3 Spoon the mixture into a greased and lined 25cm (10") flan dish.
4 Sprinkle the chocolate drops approx. 2.5cm (1") in width around the edge of the mixture.
5 Place on the low rack and cook on DUAL CONVECTION, 180°C, 10% for 20 minutes.
6 Remove the brownie from the oven and immediately sprinkle the white chocolate drops over the centre.
7 Stand for 5 minutes until the chocolate has melted then spread to edge of the milk chocolate drops. Sprinkle the fudge pieces over the white chocolate centre.

CHRISTMAS CAKE

Serves 8 - 10

100g sultana
125g date, stoned and chopped
100g prune, chopped
125g dried fig, chopped
100g dried apricot, chopped
100g glacé ginger, chopped
100g glacé cherry, halved
60ml (4 tbsp) orange marmalade
90ml (6 tbsp) brandy or sherry
225g margarine
175g soft brown sugar
4 eggs (medium), beaten
225g self raising flour
100g ground almond
5ml (1 tsp) mixed spice
2.5ml (1/2 tsp) nutmeg
2.5ml (1/2 tsp) cinnamon
2.5ml (1/2 tsp) vanilla essence

1 Place sultana, date, prune, fig, apricot, ginger and cherry in a large bowl. Add orange marmalade and brandy or sherry, mix well.
Leave overnight to marinade.

2 Grease and line a 20cm (8"), loose bottomed cake tin with greaseproof paper.
3 Cream the margarine and sugar in a large bowl, beat in the eggs. Fold in the flour and ground almond until well mixed.
4 Add the fruit mixture along with the spices and vanilla essence, mix well.
5 Spoon the mixture into the prepared tin, smooth the surface.
6 Place on the low rack, bake on DUAL CONVECTION, 160°C, 10% for 60 minutes until brown, firm and a skewer comes out clean.

Microwave Tip: More juice from oranges & lemons
Cut fruit in half and pierce lightly with a fork.
Place in a shallow flan dish, cut side down. Heat on 100% for 2 minutes.

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RECIPES

MOIST CARROT CAKE

Serves 8 - 12 (1.1kg)

150ml (1/4 pint) sunflower oil
225g soft brown sugar
3 eggs (medium), beaten
225g self raising flour
5ml (1 tsp) bicarbonate of soda
10ml (2 tsp) cinnamon
300g carrot, grated
125g walnut, roughly chopped
ICING:
225g cream cheese (see tip below)
grated rind of 1 lemon
5ml (1 tsp) lemon juice (see tip, page 81)
30ml (2 tbsp) icing sugar
25g walnuts, finely chopped to sprinkle

1 Combine the oil, sugar and eggs. Stir in the flour, bicarbonate of soda and cinnamon. Add the carrot and walnut, mix well.
2 Grease and line a 20cm (8") cake dish with greaseproof paper, pour in the cake mixture.
3 Place on the low rack and cook, using sequence programming, on DUAL CONVECTION, 180°C, 30% for 21 minutes 40 seconds then CONVECTION 180°C for 1 minute 30 seconds until firm to the touch and a skewer comes out clean. Allow to cool before decorating.
4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

CARROT & COURGETTE CAKE Substitute 150g of the carrot with 150g of grated courgette. Add with the carrot and walnut in stage 1.

Microwave Tip: Softening cream cheese
Place 225g cream cheese on a plate. Heat on 30% for 1 minute until soft.

Microwave Tip: Softening hard sugar
Place sugar in a bowl, sprinkle lightly with water and heat on 100% for 1 minute.

VICTORIA SANDWICH CAKE

Serves 8

175g margarine
175g caster sugar
3 eggs (medium), beaten
175g self raising flour
45ml (3 tbsp) strawberry jam
25g icing sugar to dredge

1 Grease and line the base of two 20cm (8") sandwich tins with greaseproof paper.
2 Preheat the oven to CONVECTION 180°C.
3 Cream the margarine and sugar until light and fluffy, beat in the eggs. Fold in the flour.
4 Spoon equal amounts of the cake mixture into the prepared tins.
5 Place one tin on the upper shelf and the other on the lower shelf. Bake on CONVECTION 180°C for 25 minutes, rotating the tins 180° after half the cooking time. Cook until golden and firm to the touch. Allow to cool before turning out.
6 Sandwich with jam and dredge with icing sugar.

VARIATION

BUTTERFLY BUNS: Place 10ml (2 tsp) of cake mixture into 20 bun case in bun trays. Bake in preheated oven on CONVECTION 180°C for 23 - 24 minutes. Rotate the trays 180° after half the cooking time and continue cooking until firm. When cool, scoope a teaspoon of sponge from the centre of each bun, fill the hollow with buttercream. Cut each teaspoonful of sponge in half and position the "wings" in the buttercream.

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RECIPES

DATE & CINNAMON SLICES

Makes 12 slices

30ml (2 tbsp) caster sugar
5ml (1 tsp) ground cinnamon
300g plain flour
30ml (2 tbsp) caster sugar
10ml (2 tsp) baking powder
75g margarine
75g dried date, chopped
2 eggs (medium)
100ml milk

1 In a small bowl, combine the sugar and cinnamon. Set aside.
2 In a medium bowl, stir together the flour, sugar and baking powder. Rub in the margarine until the mixture resembles coarse crumbs. Stir in the date.
3 In a small bowl, beat the eggs and milk together. Stir the egg mixture, keeping 1 tablespoonful for glazing, into the flour mixture until a soft dough is formed.
4 Turn out onto a lightly floured surface and knead gently. Roll the dough into a 22.5cm x 15cm (9" x 6") rectangle.
5 Preheat oven to CONVECTION 220°C.
6 Cut the rectangle into 6 squares, each 7.5cm (3"), then cut each square diagonally in half. Place on two greased baking trays. Brush with the reserved egg mixture then sprinkle with the cinnamon mixture.
7 Place one tray on the lower shelf and one tray on the upper shelf.
8 Cook on CONVECTION 220c for 12 minutes. Rotate the trays 180° after half the cooking time.

PEANUT BUTTER SQUARES

Makes 16 squares

150g smooth peanut butter
100g margarine
250g clear honey (see tip, page 87)
2 eggs (medium)
100g dried fig, chopped
75g digestive biscuit, broken into pieces
50g wholemeal self raising flour

1 In a medium sized bowl combine all the ingredients in the order given.
2 Preheat the oven to CONVECTION 180°C.
3 Spread the mixture into a greased and lined 23cm (9") square baking tin.
4 Place on the low rack and cook on DUAL CONVECTION, 180°C, 10% for 20 minutes.
5 Leave to cool, then cut into 16 squares to serve.

CHERRY & ALMOND CAKE

Serves 8 (900g)

175g margarine
175g caster sugar
3 eggs (medium)
175g plain flour
5ml (1 tsp) baking powder
100g glacé cherry, quartered
75g ground almond
5ml (1 tsp) almond essence
15ml (1 tbsp) milk

1 Cream the margarine and sugar together until light and fluffy then beat in the eggs one at a time.
2 Fold in flour and baking powder, stir in cherry, ground almond, almond essence and milk.
3 Grease and line the base of an 18cm (7") cake dish with greaseproof paper. Spoon in the cake mixture and smooth the surface.
4 Place on the low rack and cook using sequence programming, DUAL CONVECTION, 180°C, 30% for 18 minutes then CONVECTION 180°C for 3 minutes until golden and a skewer comes out clean.

RECIPES

LATTICE CAKE

Serves 8 (800g)

100g margarine
100g caster sugar
3 eggs (medium), beaten
100g plain flour
75g ground almond
175g mixed dried fruit
DECORATE:
50g marzipan (see tip below)
25g glacé cherry, halved
25g walnut halves

1 Cream the margarine and sugar until light and fluffy, beat in the eggs. Fold in the flour, ground almond and fruit until well combined.
2 Spoon the cake mixture into a greased and lined 18cm (7") cake dish, smooth the surface.
3 Roll out the marzipan into an 18cm (7") circle and cut into 8 equal strips, place 4 strips 2cm (3/4") apart on top of the cake and place the remaining strips on top in the opposite direction to create a lattice effect.
4 Place cherry and walnut halves alternately in each of the empty squares created by the pattern.
5 Place on the low rack and cook using sequence programming, DUAL CONVECTION, 180°C, 30% for 16 minutes then CONVECTION 180°C for 3 minutes 45 seconds until golden and firm.

Microwave Tip:
Softening hard marzipan
Remove marzipan from packaging, place on turntable and heat on 100% for 30 seconds.

Microwave Tip: Melting chocolate
Break 50g chocolate into small pieces and place in a bowl.
Heat on 100% for 2 minutes, stir every 30 seconds until evenly melted.

PARKIN

Serves 8 - 12 (1.4kg)

225g medium oatmeal
225g self raising flour
10ml (2 tsp) ground ginger
225g margarine
225g brown sugar
100g golden syrup
125g black treacle
300ml (1/2 pint) milk

1 Place oatmeal, flour and ginger in a bowl, mix well.
2 Place the margarine, sugar, syrup, treacle and milk in a large bowl, heat on 100% for 5 minutes, stir every minute. Stir in flour mixture, mix well.
3 Grease and line the base of a deep, square 20cm (8") dish with greaseproof paper, pour in parkin mixture.
4 Place on low rack and bake on DUAL CONVECTION, 180°C, 30% for 27 minutes until well risen and a skewer comes out clean.

FRUITY BISCUITS

Makes 12 biscuits

100g margarine
100g caster sugar
1 egg (medium), beaten
225g plain flour
100g dried mixed fruit

1 Cream the margarine and sugar, beat in the egg.
2 Stir in the flour and fruit to form a firm dough. Chill for 1 hour.
3 Preheat oven to CONVECTION 200°C and grease two baking trays.
4 Divide dough into 12 evenly sized balls and place 6 balls on each tray. Flatten slightly.
5 Place one tray on the upper shelf and the other on the lower shelf. Bake on CONVECTION 200°C for 15 minutes. Rotate the trays 180° after half the cooking time.

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RECIPES

HONEY & LEMON SQUARES

Makes 9 squares

125g margarine
50g set honey
50g soft brown sugar
1 egg (medium)
grated rind and juice of 1 lemon (see tip, page 81)
175g self raising flour
30ml (2 tbsp) milk
TOPPING:
15ml (1 tbsp) lemon juice (see tip, page 81)
15ml (1 tbsp) clear honey (see tip, page 87)
demerara sugar to sprinkle

1 Grease and line the base of a square 23cm (9") dish with greaseproof paper.
2 Cream the margarine, honey and sugar until light and fluffy. Beat in egg and lemon rind, stir in lemon juice, flour and milk.
3 Spoon mixture into the prepared dish. Place on the low rack and bake on DUAL CONVECTION, 200°C, 50% for 10 minutes until firm to the touch. Cool before turning out.
4 To prepare topping, place lemon juice and honey in a bowl, mix well. Heat on 100% for 1 minute. Brush over the cake, sprinkle with sugar and cut into 9 squares.

CHOCOLATE ORANGE CAKE

Serves 8

175g margarine
175g caster sugar
3 eggs (medium)
175g self raising flour
grated rind of 1 orange
50g plain or milk chocolate, broken into pieces

1 Grease and line the base of a 20cm (8") cake dish with greaseproof paper.
2 Cream margarine and sugar, beat in eggs. Fold in flour. Place half the mixture in a separate bowl, stir the orange rind into one bowl. Heat chocolate on 100% for 2 minutes, stir every 30 seconds until melted. Stir chocolate into the other bowl. Place alternate spoonfuls of the two mixtures into prepared dish.
3 Use a skewer to swirl mixture creating a marbled effect, smooth the surface.
4 Cook on 100% for 6 minutes until a skewer comes out clean. Allow to cool before turning out.

BANANA STREUSEL LOAF

Serves 8 - 10

225g self raising flour
100g light soft brown sugar
100g margarine, melted
3 ripe bananas, mashed
2 eggs (medium), beaten
45ml (3 tbsp) milk
5ml (1 tsp) mixed spice
STREUSEL TOPPING:
25g plain flour
15ml (1 tbsp) caster sugar
15 ml (1 tbsp) soft brown sugar
25g margarine
25g walnut, chopped

1 Combine all the loaf ingredients in a large bowl. Spoon the mixture into a greased and lined 1.5 litre (2 1/2 pint) glass loaf dish.
2 To prepare the topping, mix the flour and sugars together in a small bowl.
3 Cut in the margarine with a knife until the mixture resembles coarse crumbs. Stir in the walnut.
4 Sprinkle the topping over the loaf mixture.
5 Place on the low rack and cook on DUAL CONVECTION, 200°C, 30% for 30 minutes.

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RECIPES

CARAMEL SHORTBREAD

Serves 6 - 8

SHORTBREAD:
100g margarine
50g caster sugar
125g plain flour
25g ground rice
CARAMEL:
50g margarine
50g caster sugar
200g condensed milk
15ml (1 tbsp) golden syrup
TOPPING:
150g milk chocolate, broken into small pieces

1 To prepare the shortbread, cream the margarine and sugar until light and fluffy, gradually add the flour and ground rice to make a firm dough.
2 Press the dough evenly into a greased 20cm (8") flan dish and prick all over with a skewer.
3 Place on the lower shelf and cook on CONVECTION 200°C for 20 minutes until golden.
Rotate dish 180° after half of cooking time.
Leave to cool for 5 minutes
4 To prepare the caramel, place all ingredients in a bowl, mix well. Cook on 100% for 3 - 4 minutes, stir every minute until toffee coloured.
5 Pour caramel onto the shortbread, chill to set.
6 When caramel is cold, place the chocolate in a small bowl and heat on 100% for 3 minutes, stir every minute until evenly melted. Spread on to the caramel, chill to set the chocolate before cutting into slices.

SHORTBREAD Omit caramel and chocolate. Make as to Stage 2.
Before cooling, dredge with sugar, prick all over with a skewer and cut into wedges.

BELGIAN BISCUIT CAKE

Serves 8

100g margarine
200g plain chocolate, broken into pieces
30ml (2 tbsp) golden syrup
300g digestive biscuit, crushed
75g mixed glace fruit, chopped

1 Place the margarine, chocolate and syrup in a medium bowl and heat on 50% for 2 - 3 minutes, stirring every minute, until just melted.
2 Add the crushed biscuit and fruit, mix well.
3 Place the mixture into a greased 20cm (8") flan dish and spread evenly.
4 Chill in a refrigerator for 3 - 4 hours or overnight.
5 Cut into squares to serve.

RICH FLAPJACK

Makes 10 pieces

175g margarine
100g demerera sugar
175g golden syrup
275g jumbo oats

1 Place the margarine, sugar and syrup in a large bowl, heat on 100% for 3 - 4 minutes, stir every minute until melted, add the oats, mix well.
2 Spoon mixture into a well greased 25cm (10") flan dish, smooth the surface.
3 Place on the low rack, cook on DUAL CONVECTION, 180°C 10% for 18 minutes until golden brown.
4 After cooking, loosen flapjack around the rim and slice into 10 pieces.
Leave to cool in the dish for approx. 2 hours.

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RECIPES

CHOCOLATE BROWNIES

Serves 8 - 12 (1.3kg)

340g margarine
340g caster sugar
7.5ml (1 1/2 tsp) vanilla essence
6 eggs (medium), beaten
150g plain flour
75g cocoa powder
2.5ml (1/2 tsp) baking powder
100g walnut, roughly chopped

1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.
2 Stir in the remaining ingredients.
3 Grease and line the base of a deep, square 20cm (8") dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.
4 Place on the low rack and bake on DUAL CONVECTION, 180°C, 30% for 25 minutes until a skewer comes out clean.

Microwave Tip: Softening crystalised honey
Place 100g honey in a bowl. Heat on 100% for 1 minute until runny.

CHOCOLATE CREAMS

Makes 8 biscuits

BISCUITS:
100g margarine
50g caster sugar
100g self raising flour
25g cocoa powder
2.5ml (1/2 tsp) vanilla essence
BUTTERCREAM:
50g margarine
75g icing sugar
30ml (2 tbsp) cocoa powder

1 Combine all the biscuit ingredients in a bowl, mix well.
2 Preheat the oven to CONVECTION 200°C.
3 Divide mixture into 16 even sized pieces and roll into balls. Place apart on two greased baking trays. Flatten each ball slightly with a fork.
4 Place one tray on the upper shelf and the other on the lower shelf. Bake on CONVECTION 200°C for 12 - 14 minutes. Rotate the trays 180° after half the cooking time.
5 To prepare the buttercream, cream margarine and icing sugar until fluffy. Add cocoa and mix well.
6 When biscuits are cool, spread with buttercream and sandwich together to make 8 chocolate creams.

CINNAMON OATIES

Makes 24 biscuits

200g margarine
100g caster sugar
225g plain flour
7.5ml (1 1/2 tsp) bicarbonate of soda
10ml (2 tsp) ground cinnamon
225g porridge oats
100g sultana
20ml (4 tsp) golden syrup
45ml (3 tbsp) water
200g milk or plain chocolate, melted
(see tip, page 84)

1 Cream the margarine and sugar together until fluffy.
2 Mix in the flour, bicarbonate of soda, cinnamon, oats and sultana. Add the syrup and enough water to make a stiff dough.
3 Preheat the oven to CONVECTION 200°C.
4 Knead the dough lightly and divide into 24 equal sized balls. Place apart on 2 greased baking trays.
5 Place one tray on the upper shelf and the other on the lower shelf. Bake on CONVECTION 200°C for 19 minutes. Rotate the trays 180° after half the cooking time.
6 Allow to cool and dip half of biscuit in the melted chocolate.

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RECIPES

GINGER BISCUITS

Makes 24 biscuits

50g margarine
50g caster sugar
15ml (1 tbsp) black treacle
15ml (1 tbsp) golden syrup
100g self raising flour
10ml (2 tsp) ground ginger
1.25ml (1/4 tsp) mixed spice

1. Cream the margarine and sugar together until light and fluffy. Beat in the treacle and syrup.
2. Sieve the flour, ginger and spice onto the mixture and fold in until a soft dough is formed.
3. Preheat the oven to CONVECTION 200°C.
4. Turn out onto a floured surface and knead well. Divide the dough into 24 even sized pieces and roll into balls.
5. Place apart on two greased baking trays and flatten slightly.
6. Place one tray on the upper shelf and the other on the lower shelf and bake on CONVECTION 200°C for 10 minutes. Rotate the trays 180° after half the cooking time.

ECCLES CAKES

Makes 14 cakes

175g currant
50g candied peel
100g caster sugar
50g margarine
500g puff pastry
1 egg (medium) separated
30ml (2 tbsp) margarine, melted
50g caster sugar

1. Mix the currant, candied peel, sugar and margarine in a bowl and cook on 100% for 90 seconds. Leave to cool slightly.
2. Roll out the pastry and cut out 14 circles approx. 10cm each.
3. Divide the currant mixture evenly between the pastry circles and brush the edges with the egg white.
4. Take hold of the edges and bring into the centre, being careful to seal the pastry tightly over the filling to ensure it does not spill out. Turn the cakes over and flatten slightly by rolling gently with a rolling pin. Place equal cakes on two baking trays.
5. Preheat the oven to CONVECTION 200°C.
6. Mix the egg yolk and margarine together and brush over the cakes then sprinkle with the sugar.
7. Place one tray on the lower shelf and the other tray on the upper shelf.
8. Cook on CONVECTION 200°C for 15 minutes. Rotate the trays 180° after half the cooking time.

Microwave Tip: Freshening bread
Place 100g bread on the turntable and heat on 100% for 30 seconds.

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RECIPES

POTATO BREAD

Serves 4

275g potato, cooked and mashed
275g self raising flour
100g mature cheddar cheese, grated
5ml (1 tsp) salt
5ml (1 tsp) mixed dried herbs (see tip, page 56)
2 cloves garlic, crushed (see tip, page 60)
10ml (2 tsp) whole grain mustard
1 egg (medium), beaten
75ml (5 tbsp) milk
1 egg (medium), beaten to glaze
5ml (1 tsp) fresh parsley, chopped to sprinkle

1 Place the potato, flour, cheese, salt, herbs, garlic and mustard in a large bowl, mix well.
2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 20cm (8") in diameter. Place in a 25cm (10") flan dish, brush with egg to glaze, sprinkle with parsley.
3 Place on the low rack, and bake on DUAL CONVECTION, 220°C, 30% for 20 minutes until golden.

Serve with soup, cheese or salad.

SODA BREAD

Serves 4

175g wholemeal self raising flour
100g medium oatmeal
2.5ml (1/2 tsp) salt
5ml (1 tsp) bicarbonate of soda
25g margarine
120ml (8 tbsp) natural yoghurt
90ml (6 tbsp) milk
1 egg (medium), beaten to glaze

1 Combine flour, oatmeal, salt, bicarbonate of soda in a large bowl. Rub in the margarine.
2 Add the yoghurt and milk, mix to form a soft but not sticky dough.
3 Knead lightly into a round shape approx. 20cm (8") in diameter. Place in a greased 25cm (10") flan dish.
4 Preheat the oven to CONVECTION 220°C.
5 Use a knife to mark into 8 wedges, cut only halfway through dough. Glaze surface with egg, sprinkle with sesame seeds.
6 Place on the low rack, bake on DUAL CONVECTION, 200°C, 10% for 15 minutes until golden.

Serve with cheese and a salad.

DATE & WALNUT BREAD

Serves 6 - 8

175g date, chopped
150ml (1/4 pint) boiling water
225g plain flour
125g wholemeal flour
125g caster sugar
2.5ml (1/2 tsp) salt
2.5ml (1/2 tsp) bicarbonate of soda
100g margarine
125g walnut, roughly chopped
150ml (1/4 pint) milk
1 egg (medium), beaten

1 Place date in a large bowl, add the boiling water, leave aside to cool.
2 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in margarine until mixture resembles fine breadcrumbs, stir in walnut.
3 Add the date mixture, milk and egg, mix well.
4 Grease and line, with greaseproof paper, the base of a 1.5 litre (2 1/2 pint) loaf dish.
Spoon in mixture and smooth the surface.
5 Preheat the oven to CONVECTION 200°C.
6 Place on the low rack, bake on DUAL CONVECTION, 200°C, 50% for 20 minutes until a skewer comes out clean.

Serve sliced, spread generously with butter.

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RECIPES

DANISH TEA RING

Serves 6 - 8

250g strong white bread flour
5ml (1 tsp) dried yeast
5ml (1 tsp) caster sugar
25g margarine
1 egg (medium), beaten
120ml (4 fl.oz) hand hot milk
25g margarine, melted
FILLING:
100g ground almond
100g caster sugar
2.5ml (1/2 tsp) almond essence
2 egg whites (medium)
TOPPING:
175g icing sugar
10ml (2 tsp) lemon juice (see tip, page 81)
10ml (2 tsp) water
flaked almond, to decorate
glacé cherry, halved, to decorate

1 Place flour, yeast and sugar in a bowl, mix well. Rub in margarine. Add egg and milk, mix well to form a soft dough. Knead for about 10 minutes until smooth. Return to the bowl, cover with cling film.
2 Place on the lower shelf, prove on CONVECTION 40°C for 20 - 25 minutes.
3 Roll the dough into a rectangle 20 x 36cm (8" x 14"), brush with melted margarine.
4 Prepare filling, mix almond, sugar, essence and egg whites to a paste. Spread over the dough, roll up tightly from longest side.
5 Place the roll on a greased baking tray, join ends to form a ring. Using scissors snip 1cm (1/2") into the dough along the length of the ring at 2cm (3/4") intervals. Cover loosely with cling film.
6 Place on the lower shelf, prove on CONVECTION 40°C for 15 minutes. Remove cling film.
7 Place on the lower shelf, bake on CONVECTION 220°C for 21 minutes until golden. Rotate the tray 180° after half the cooking time. Cool before decorating.
8 To prepare topping, mix icing sugar, lemon juice and water until smooth. Spread evenly over the tea ring, decorate with flaked almond and cherry.

CRUSTY CHEESE TWIST

Serves 6 - 8

675g strong white bread flour
1 x 7g sachet easy blend yeast
10ml (2 tsp) caster sugar
5ml (1 tsp) salt
25g margarine
225g double gloucester cheese, grated
15ml (1 tbsp) fresh parsley, chopped
450ml (3/4 pint) hand hot milk
1 egg (medium), beaten to glaze

Serve with soup or use as a sandwich bread.

1 Mix flour, yeast, sugar and salt in a large bowl, rub in the margarine and stir in the cheese and parsley.
2 Add milk, mix to a soft dough. Turn out and knead for about 10 minutes until smooth. Return dough to bowl, cover with cling film.
3 Place on the lower shelf, prove on CONVECTION 40°C for 25 - 30 minutes until double in size.
4 Roll out the dough to make a rectangle 38 x 28cm (15 x 11") and roll up widthways. Cut in half, roll each half into a long sausage shape. Overlap the two rolls alternately to form a twist. Seal ends with a little egg.
5 Place the cheese twist onto a greased baking tray and cover with cling film.
6 Place on the lower shelf, prove on CONVECTION 40°C for 15 - 20 minutes. Remove the cling film.
7 Preheat the oven to CONVECTION 220°C.
8 Glaze the dough with egg. Place on the lower shelf, bake on CONVECTION 220°C, for 25 minutes. Rotate the tray 180° after half the cooking time.

Microwave Tip: Drying breadcrumbs
Spread 100g fresh breadcrumbs evenly over a large plate.
Heat on 100% for 2 - 3 minutes, stir every minute until crispy.

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RECIPES

MILK BREAD

Makes 2 loaves

675g strong white bread flour
1 x 7g sachet of easy blend yeast
10ml (2 tsp) caster sugar
5ml (1 tsp) salt
50g margarine
450ml (3/4 pint) hand hot milk
1 egg (medium), beaten to glaze

1. Place flour, yeast, sugar and salt in a large bowl, mix well. Rub in the margarine, add milk, mix to a soft, pliable dough. Turn out and knead for about 10 minutes until smooth. Return dough to bowl, cover with cling film.
2. Place on the lower square shelf, prove on CONVECTION 40°C for 40 minutes until almost double in size.
3. Divide dough into two equal pieces, knead each in turn for 2 - 3 minutes. Shape dough into oblongs to fit two greased, 1.5 litre (2 1/2 pint) Pyrex® loaf dishes. Cover with cling film.
4. Place on the lower shelf, prove on CONVECTION 40°C for 30 minutes. Remove cling film.
5. Glaze with egg, using scissors, make shallow snips all over the surface to make a "spiky" effect (optional).
6. Place both dishes on the lower shelf, bake on CONVECTION 220°C for 25 - 30 minutes until golden. Rotate both dishes 180° after half the cooking time.

WHOLEMEAL BREAD: Substitute strong white bread flour with strong wholemeal bread flour.

WHOLEMEAL ROLLS: Divide into 12 even pieces at Stage 3. Place in two greased baking trays and prove on CONVECTION 40°C for 30 minutes. Cook on the upper and lower shelves on CONVECTION 220°C for 25 - 30 minutes until golden. Rotate the trays 180° after half the cooking time.

FRUIT SCONES

Makes 12 scones

450g self raising flour
100g caster sugar
100g margarine
100g sultana
2 eggs (medium), beaten with milk to make 300ml (1/2 pint)
1 egg (medium), beaten to glaze

1. Combine the flour and sugar in a bowl, rub in the margarine and stir in the fruit. Add enough egg and milk mixture to form a soft dough.
2. Preheat oven to CONVECTION 220°C and grease 2 baking trays.
3. Roll out until 2cm (3/4") thick, cut out 12 scones 6.5cm (2 1/2") in diameter.
4. Place the scones on the prepared trays and brush with egg to glaze.
5. Place one tray on the lower shelf and the other on the upper shelf. Bake on CONVECTION 220°C for 15 minutes until golden, rotate the trays 180° after half the cooking time.

WHOLEMEAL: Substitute white self raising flour with wholemeal self raising flour, omit sultana.

DATE: Substitute white self raising flour with wholemeal self raising flour and the sultana with 100g date, finely chopped.

SPICED APPLE: Substitute white self raising flour with wholemeal flour and sultanas with 2 eating apples, grated. Add 10ml (2 tsp) cinnamon at Stage 2.

CHEESE & CHIVE: Omit sugar and sultana. Add 175g grated cheddar cheese, 30ml (2 tbsp) dried chives, salt and pepper at Stage 2.

FRESH HERB: Omit sugar and sultana. Add 10ml (2 tsp) fresh parsley, 10ml (2 tsp) fresh sage and 10ml (2 tsp) fresh thyme at Stage 2

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RECIPES

CHELSEA BUNS

Serves 6

225g strong white bread flour
10ml (2 tsp) dried yeast
5ml (1 tsp) caster sugar
15g margarine
1 egg (medium), beaten
120ml (4 fl.oz) hand hot milk
FILLING:
50g margarine
50g soft brown sugar
175g mixed dried fruit
juice and grated rind of 1 medium orange
5ml (1 tsp) cinnamon
GLAZE:
30ml (2 tbsp) golden syrup

1 In a bowl mix flour, yeast and sugar. Rub in margarine. Add egg and milk, mix to a soft dough, knead for about 10 minutes until smooth. Return dough to bowl, cover with cling film.
2 Place on the lower shelf, prove on CONVECTION 40°C for 25 minutes.
3 Knead dough for 2 - 3 minutes. Roll into a rectangle 30cm x 23cm (12" x 9").
4 Mix filling ingredients. Heat on 100% for 2 minutes. After cooking, drain excess liquid.
5 Spread fruit over dough, roll up widthways. Cut into nine slices, place flat side down in a 20cm (8") square dish, cover with cling film.
6 Place on the lower shelf, prove on CONVECTION 40°C for 15 minutes. Remove cling film.
7 Place on lower shelf, bake on CONVECTION 220°C for 23 minutes. Rotate the dish 180° after half the cooking time.
8 Turn out and brush with syrup whilst hot.

WHITE SAUCE

Makes 300ml (½ pint)

25g margarine
25g plain flour
300ml (½ pint) milk
salt and pepper to taste

1 Place the margarine in a bowl, heat on 100% for 40 seconds until melted.
2 Stir in the flour, mix well for approx. 30 seconds and gradually whisk in the milk.
3 Cook on 100% for 4 minutes, stir twice during cooking. Season with salt and pepper.

CHEESE SAUCE Add 75g grated cheese and 5ml (1 tsp) mustard powder at Stage 2. Serve with vegetables or fish.

PARSLEY SAUCE Stir 15 - 30ml (1 - 2 tbsp) fresh chopped parsley into the finished sauce. Serve with fish.

ONION SAUCE Stir 225g cooked onion, finely chopped, into finished sauce. Heat on 100% for 1 minute. Serve with meat or vegetables.

MUSHROOM SAUCE Add 2 sliced spring onions and 50g chopped mushroom at the end of Stage 2. Serve with meat.

SWEET WHITE SAUCE Omit salt and pepper from the basic recipe. Add 50g caster sugar at Stage 2. Serve with puddings as an alternative to custard.

NOTE: To make 600ml (1 pint) of sauce, double the ingredients, follow stages 1 and 2 then cook on 100% for 6 minutes.

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RECIPES

SWEET & SOUR SAUCE

Makes 600ml (1 pint)

125g onion, finely chopped
1 green pepper, finely chopped
2 cloves garlic, crushed (see tip, page 60)
30g margarine
30g plain flour
30ml (2 tbsp) white wine vinegar
30ml (2 tbsp) soy sauce
300ml (1/2 pint) hot chicken stock
50g soft dark brown sugar

1 Place the onion, green pepper, garlic and margarine in a bowl, mix well. Cook on 100% for 2 minutes.
2 Stir in the flour, gradually add the vinegar, soy sauce, stock and sugar. Cook on 100% for 3 - 4 minutes, stir every minute until the mixture has thickened. Blend in a food processor for a smoother sauce.

Serve with spare ribs (page 51).

BLUE CHEESE SAUCE

Makes 300ml (1/2 pint)

100g blue stilton cheese, finely chopped
300ml (1/2 pint) soured cream
150ml (1/4 pint) white wine
15ml (1 tbsp) cornflour blended with water
30ml (2 tbsp) fresh parsley, chopped
salt and pepper to taste

1 Place the cheese, cream, wine, cornflour and parsley in a bowl, mix well. Season.
2 Heat on 100% for 8 minutes.

SPICY TOMATO SAUCE

Makes 600ml (1 pint)

3 rashers bacon, chopped (optional)
150g carrot, chopped
225g onion, chopped
2 cloves garlic, crushed (see tip, page 60)
800g canned, chopped tomatoes
300ml (1/2 pint) red wine
45 - 60ml (3 - 4 tbsp) medium chilli sauce
10ml (2 tsp) mustard powder
30ml (2 tbsp) tomato puree

1 Place bacon, carrot, onion and garlic in a large bowl, cover and heat on 100% for 3 minutes.
2 Add all other ingredients to bacon mixture and mix well. Cook on 70% for 35 minutes.
3 Blend in a food processor until smooth, return to bowl and cook on 70% for 3 minutes.

Serve with Stuffed Tofu (page 61).

TOFFEE & WALNUT SAUCE

Makes 300ml (1/2 pint)

125g margarine
175g dark soft brown sugar
90ml (6 tbsp) double cream
50g walnut, finely chopped

1 Combine all ingredients in a bowl, heat on 70% for 4 - 5 minutes, stir every minute until sugar has dissolved and the mixture is thick and glossy.

Serve hot with ice-cream.

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RECIPES

CHOCOLATE SAUCE

Makes 150ml (¼ pint)

50g plain or milk chocolate
30ml (2 tbsp) water
90ml (6 tbsp) evaporated milk
5ml (1 tsp) cornflour
5ml (1 tsp) caster sugar
5ml (1 tsp) vanilla essence

1 Heat chocolate and water on 100% for 1 minute, stir after 30 seconds. Stir vigorously until melted.
2 Add evaporated milk, cornflour and sugar. Heat on 100% for 1 - 2 minutes, mix well. Finally, stir in the vanilla essence.

Serve hot or cold with ice-cream, chocolate sponge.

Microwave Tip: Toasting coconut
Spread 100g (4oz) desiccated coconut on a plate. Heat on 100% for 2 - 3 minutes, stir every minute.

CHOCOLATE FUDGE

Makes 675g

150g milk chocolate, broken into pieces
100g butter, melted
450g icing sugar
45ml (3 tbsp) milk

1 Place the chocolate in a bowl and heat on 100% for 2 minutes, stir every 30 seconds until melted.
2 Stir in butter, icing sugar and milk. Heat on 100% for 2 - 3 minutes, stir vigorously every minute until the mixture is thick and glossy.
3 Pour into a greased, rectangular 20 x 15cm (8 x 6") dish, chill to set before cutting.

STRAWBERRY JAM

Makes 675g

675g strawberry, washed and hulled
45ml (3 tbsp) lemon juice (see tip, page 81)
675g preserving sugar

1 Place strawberry and lemon juice in a very large bowl.
2 Heat on 100% for 4 minutes until strawberries have softened. Add the sugar, mix well.
3 Cook on 70% for 35 - 40 minutes until setting point* is reached, stir every 5 minutes.
4 Pour into hot, clean jars. Cover, seal and label.

VARIATION Replace strawberries with raspberries for raspberry jam.

*** Setting point:**
To determine, place 5ml (1 tsp) jam onto a saucer. Chill.
Move surface of jam with finger, if it wrinkles, setting point has been reached.

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GUARANTEE

Sharp Electronics (UK) Ltd. ("Sharp") guarantees that for a period of 12 months from the date of purchase the enclosed product will be free from defects in materials and workmanship. Sharp agrees to provide for the repair or, at its option, the replacement of a defective product. Sharp reserves the right to replace defective parts, or the product, with new or refurbished items. Items that are replaced become the property of Sharp.

To benefit from this guarantee, any fault that occurs must be notified to Sharp, or its appointed Service Facility, within one year from the date the product was purchased. Proof of purchase, such as a receipt or invoice, must be provided.

If the product is exchanged, the replacement shall be covered by the unexpired portion of the original guarantee.

In the unlikely event of the product requiring repair, please contact the supplier from whom it was purchased. Where this is not possible, please contact an appointed Service Facility. Details of Service Facilities appointed by Sharp can be obtained from **www.sharp.co.uk/customersupport/service** or by contacting the **Sharp Customer Information Centre** whose details are given below.

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The product is intended for private domestic use only. The guarantee will not apply if the product is used in the course of a business, trade or profession.

The guarantee does not cover:

- Glass/ceramic turntables, as they can be damaged by handling/cleaning methods.
- Faults resulting from inadequate cleaning. Regular cleaning is required to prevent a build up of food residue that can also affect the performance of the product.
- Carriage costs to or from the repair centre.

No person has any authority to vary the terms or conditions of this guarantee.

This guarantee is offered as an additional benefit to your statutory rights, and does not affect these rights in any way.

You may not transfer your rights or obligations under this warranty to anyone else.

If you have any difficulty operating the product, or would like information on other Sharp products, please telephone the Sharp Customer Information Centre on the number given below.

Sharp Customer Information Centre

Website: www.sharp.co.uk/customersupport

Telephone: 08705 274277 (01 676 0648 in Southern Ireland)

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SPECIFICATIONS

AC Line Voltage . . . . . .Single phase 230-240V, 50Hz

Power Consumption:
- Microwave 1.55kW
- Grill 2.85kW
- Convection 2.85kW
- Microwave/Grill 2.95kW
- Microwave/Convection 2.95kW

Input Current:
- Microwave 6.7A

Output Power:
- Microwave . . . . . .900W (IEC 60705)
- Grill 1400W
- Convection 1400W

MAFF Heating Category . . . . . .E

Microwave Frequency . . . . . .2450MHz * (Group 2/Class B)

Outside Dimensions:
- R-959M: . . . . . .550(W) x 368(H) x 537(D)mm
- R-98STM-A: . . . . . .550(W) x 368(H) x 535(D)mm

Cavity Dimensions . . . . . .375(W) x 272(H) x 395(D)mm **

Oven Capacity . . . . . .40 litres **

Cooking uniformity . . . . . .Turntable diameter 362mm

Weight . . . . . .Approx. 23kg

* This Product fulfils the requirement of the European standard EN55011.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.
Class B equipment means that the equipment is suitable to be used in domestic establishments.

** Internal capacity is calculated by measuring maximum width, depth and height.
Actual capacity for holding food is less.

As part of a policy of continuous improvement, we reserve the right to alter design and specifications without notice.

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Sharp Electronics (U.K.) Ltd
London, U. K.

U.K.: 08705 274277 (office hours)
Ireland: 01 676 0648 (office hours)
Website: http://www.sharp.co.uk/support

PRINTED IN THAILAND
TCADCA898WRRZ-K61